

DAREBEE

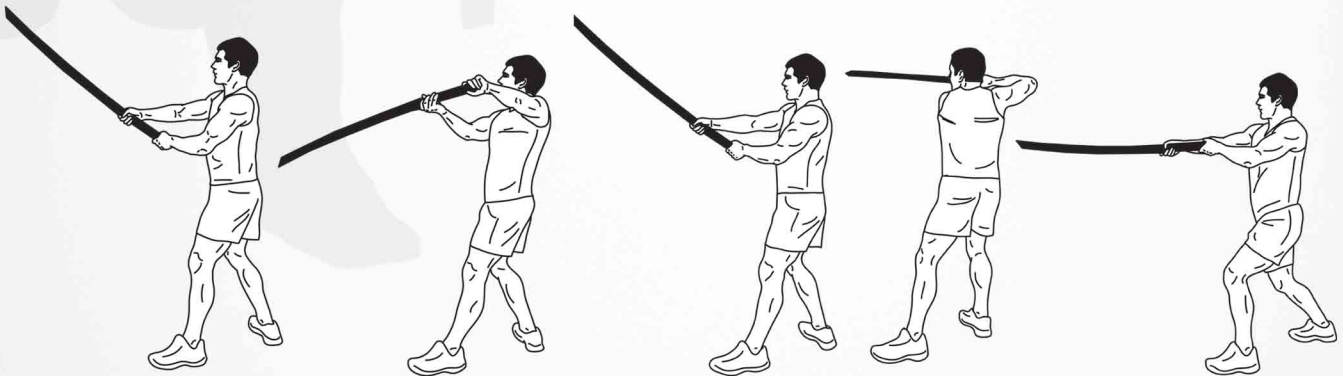
DAREBEE WORKOUT @ darebee.com

10 combos each | LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets

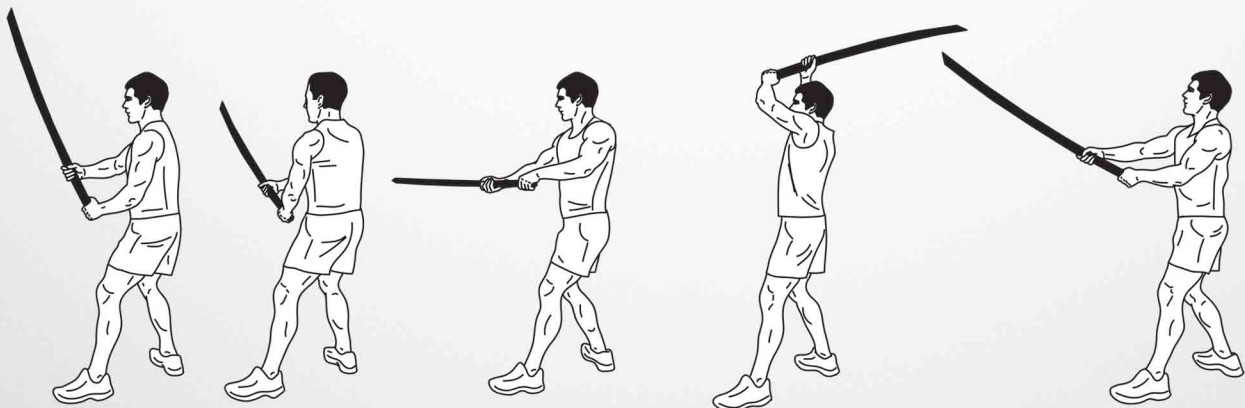
REST up to 2 minutes



1. horizontal cuts: left + right + one-arm cut 2. zigzag cut (mid / high)



3. vertical cut + uppercut 4. vertical cut + thrust



5. push away + downward cut (mid) 6. double vertical cuts