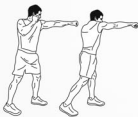


# SIDE QUEST

DAREBEE WORKOUT © [darebee.com](http://darebee.com)

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



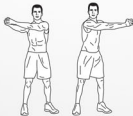
20 punches



20 overhead punches



20 backfists



20 side chops



20 elbow strikes