

# SLAYER

DAREBEE WORKOUT

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



20 high knees



20 turning kicks



20 side leg raises



20 punches



20 lunge punches



20 side-to-side backfists



10 crunch kicks



10 bridges



10 sit-up punches