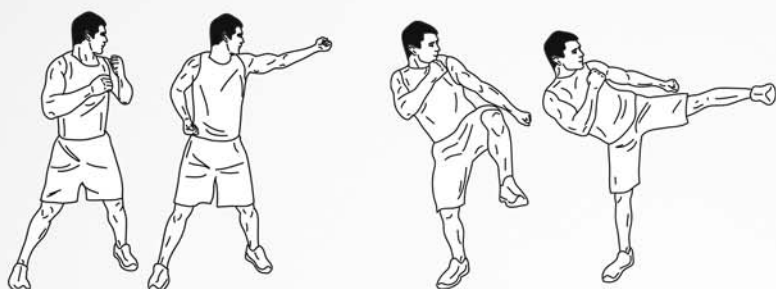


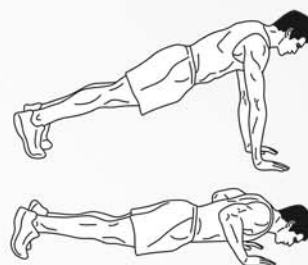
SOLO

DAREBEE WORKOUT @ darebee.com

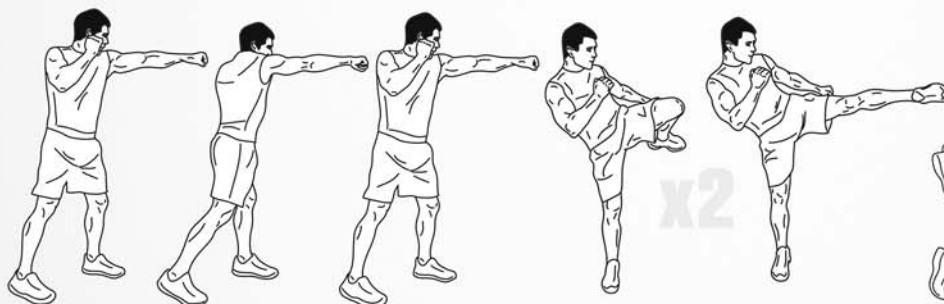
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



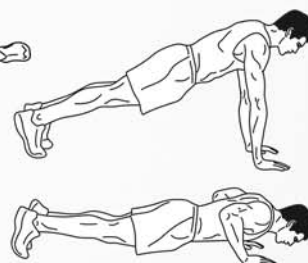
20combos backfist + side kick



10 push-ups



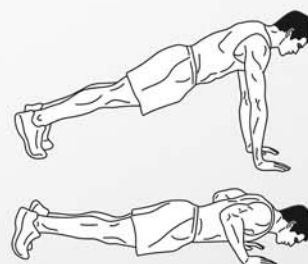
20combos jab + cross + jab + double turning kick



10 push-ups



20combos knee strike + elbow strike



10 push-ups