

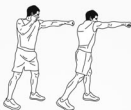
STEELWORKS

DAREBEE WORKOUT @ darebee.com

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



10 double turning kicks



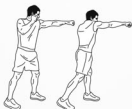
20 punches



5 push-ups



10 side kicks



20 punches



5 push-ups



10 back leg turning kicks



20 punches



5 push-ups