

STREET FIGHTER

DAREBEE WORKOUT
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LEVEL I 3 sets

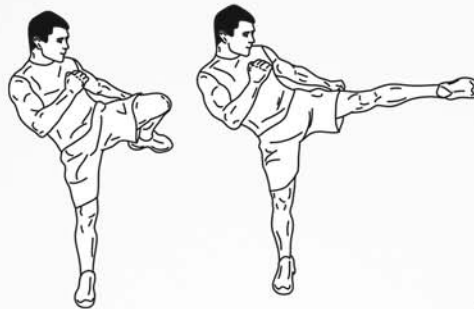
LEVEL II 5 sets

LEVEL III 7 sets

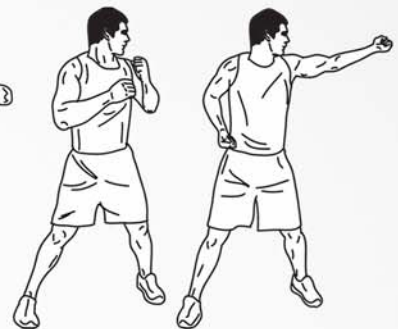
REST up to 2 minutes



20 high knees



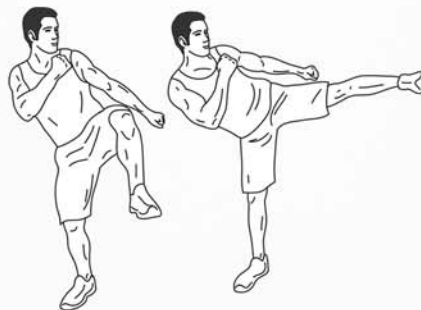
20 turning kicks



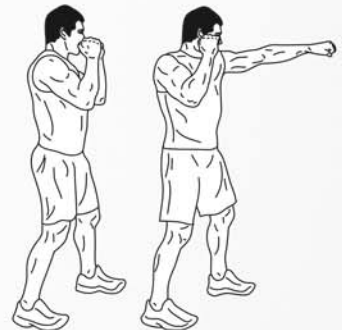
40 backfists



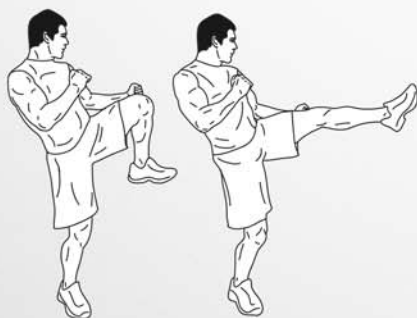
20 knee strikes



20 side kicks



40 punches



20 front snap kicks



20 punch + squat



20 hook + uppercut