

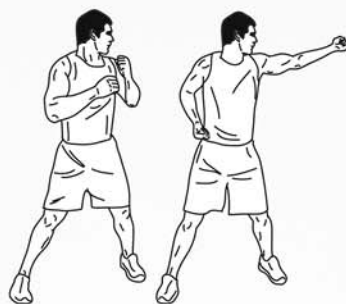
TROUBLEMAKER

DAREBEE WORKOUT @ darebee.com

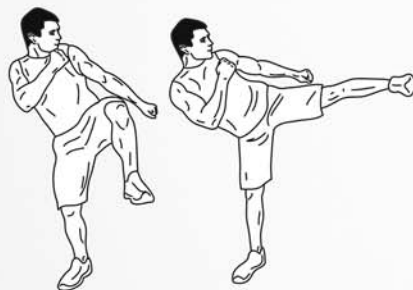
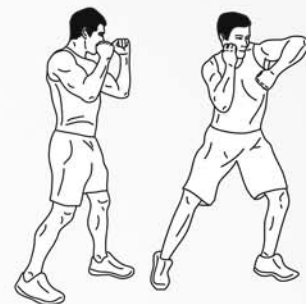
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



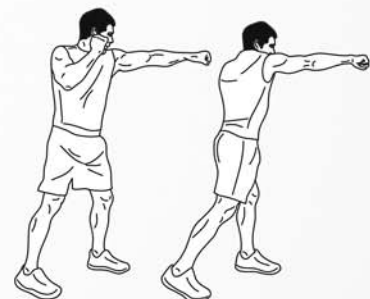
30 side kicks



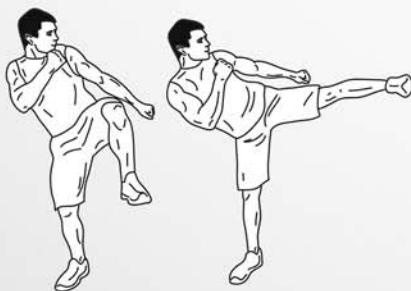
10combos backfist + elbow strike



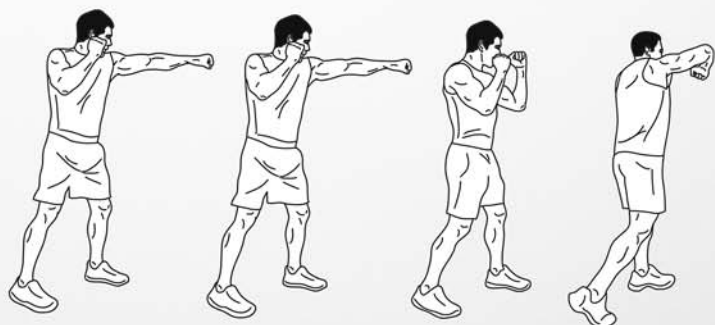
30 side kicks



10combos push-up + jab + cross



30 side kicks



10combos jab + jab + hook