

# WAX ON; WAX OFF

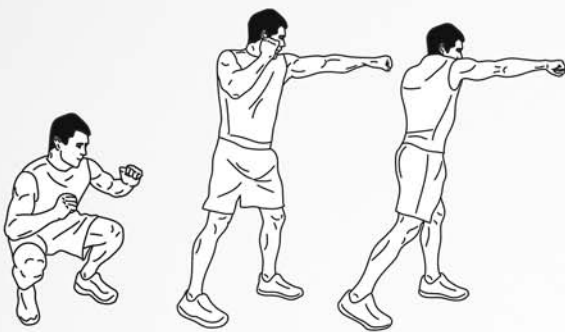
DAREBEE WORKOUT  
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LEVEL I 3 sets

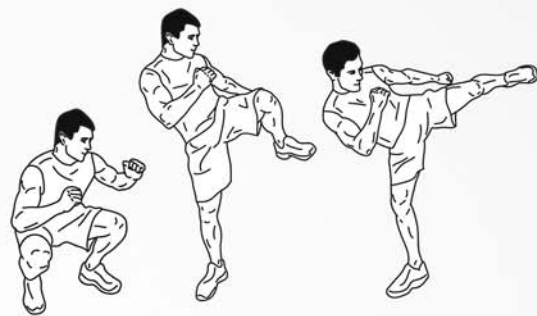
LEVEL II 5 sets

LEVEL III 7 sets

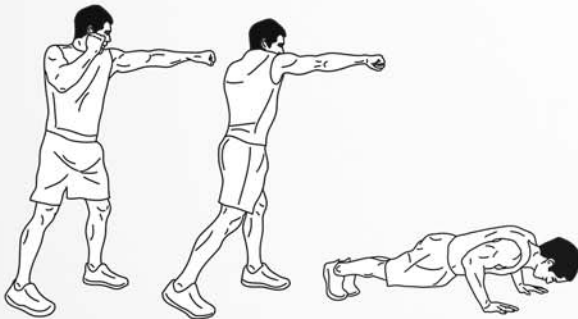
REST up to 2 minutes



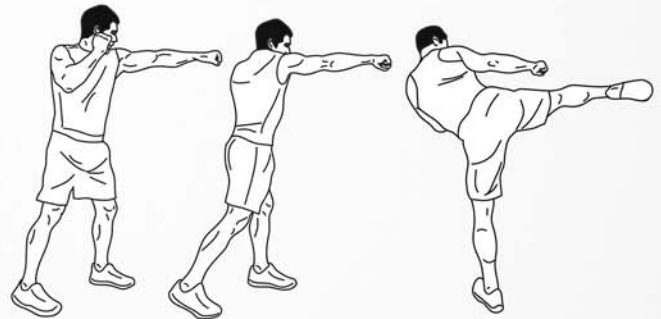
**20combos** squat + jab + cross



**20combos** squat + hook kick



**20combos** jab + cross + push-up



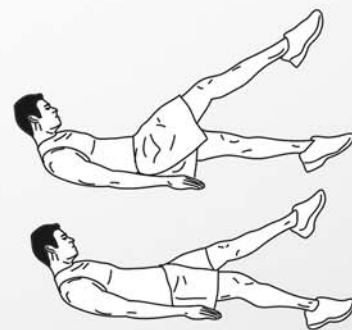
**20combos** jab + cross + back leg turning kick



**20** sit-up + jab + cross



**20** sitting punches



**20** flutter kicks