

WILD & FREE

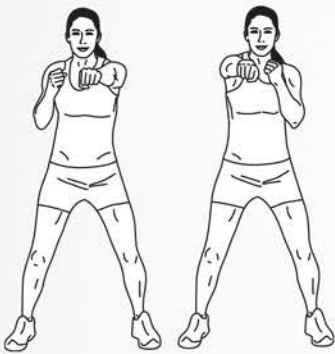
DAREBEE WORKOUT
@ darebee.com

LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

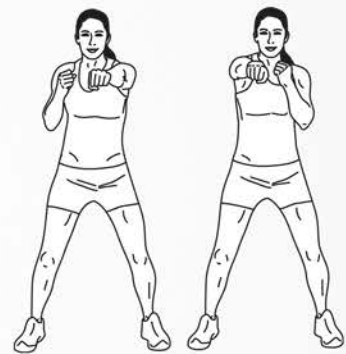
REST up to 2 minutes



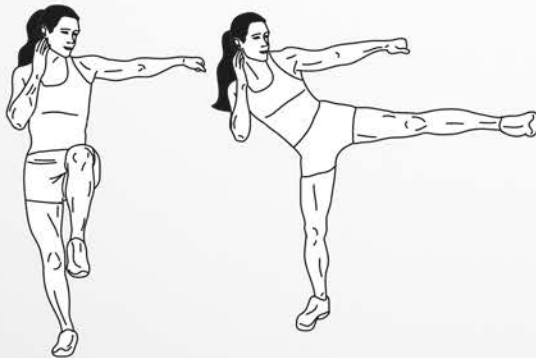
20 punches



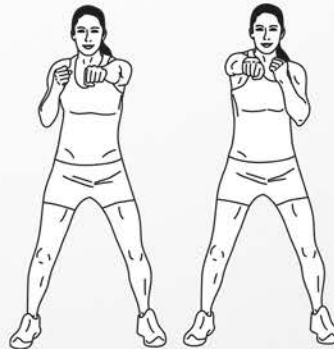
20 knee strikes



20 punches



20 side kicks



20 punches