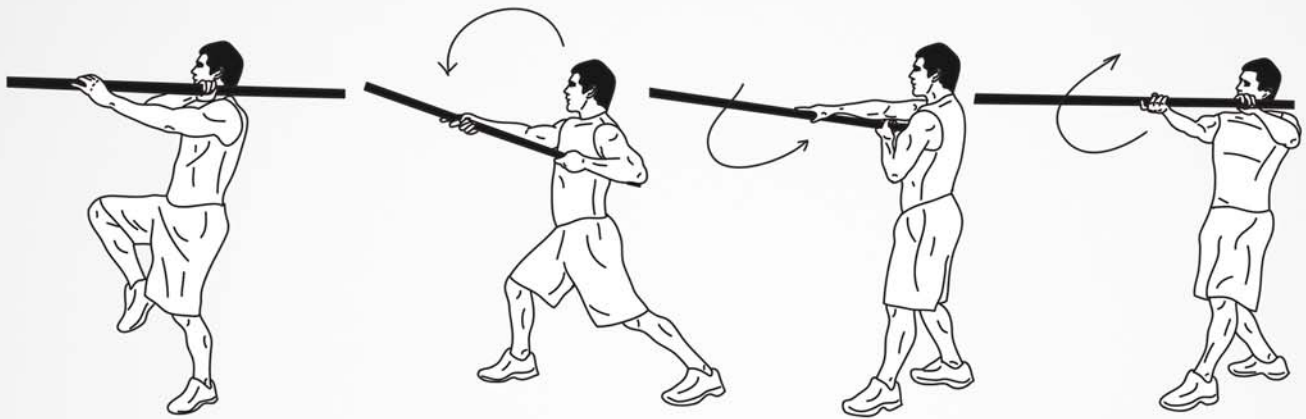


# BENDER

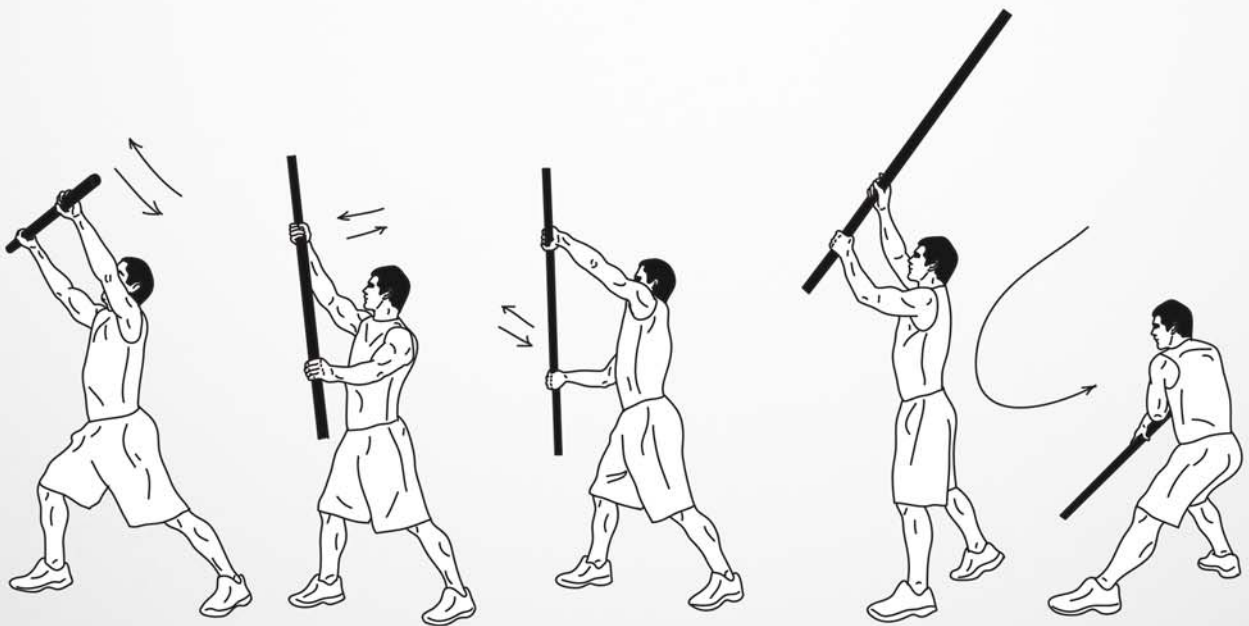
DAREBEE WORKOUT @ [darebee.com](http://darebee.com)

LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes  
alternatively do all four as a combination 20, 30 or 40 times



**20** overhead strikes

**20** high horizontal strikes (left & right)



**20** combo block high + block left + block right

**20** downward swipes