

# BLACK CANARY

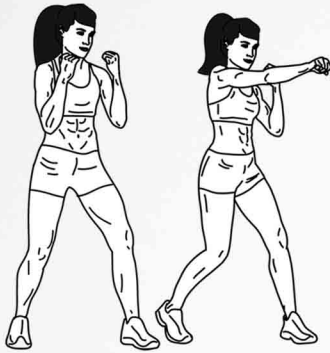
DAREBEE WORKOUT  
@ [darebee.com](https://darebee.com)

LEVEL I 3 sets

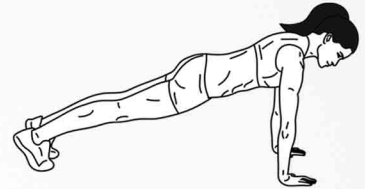
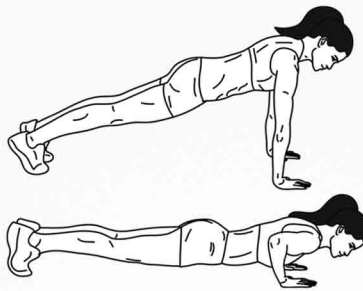
LEVEL II 5 sets

LEVEL III 7 sets

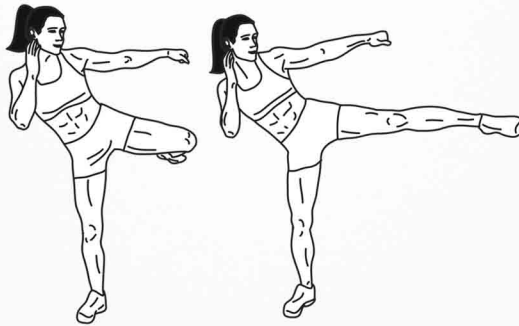
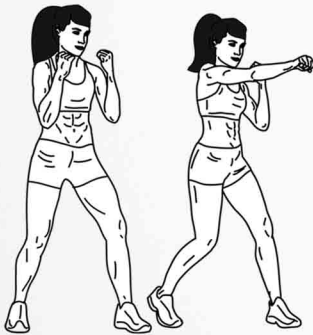
REST up to 2 minutes



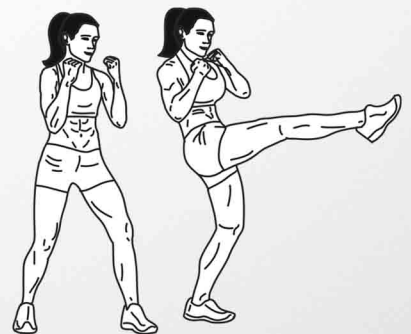
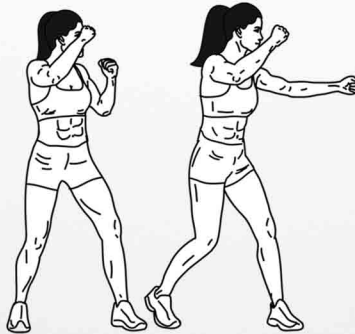
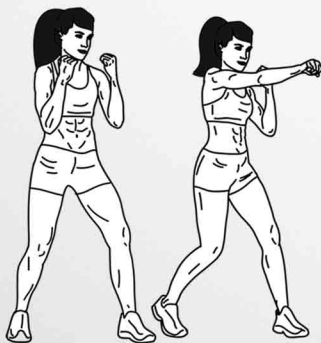
**10 combos** jab + cross + push-up



**10-count** plank



**20 combos** jab + cross + turning kick + squat



**20 combos** jab + cross + backfist + front kick