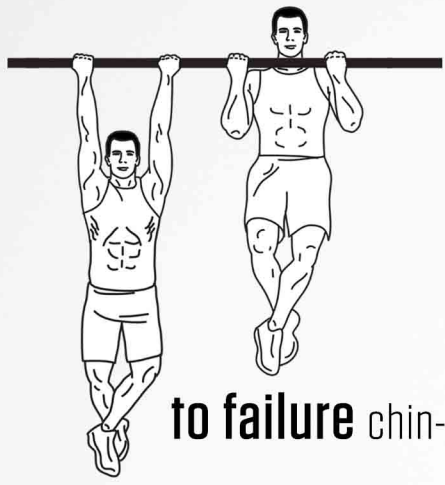


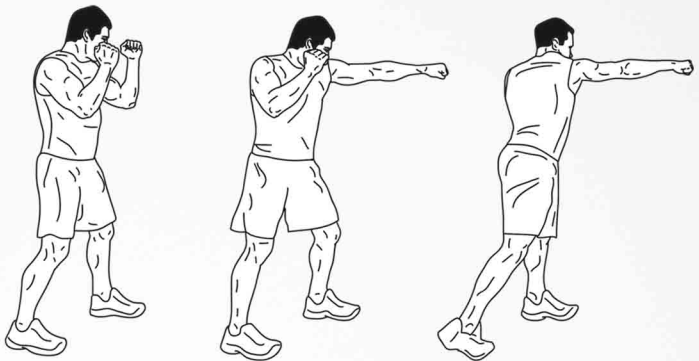
FIGHTER'S CLUB

DAREBEE WORKOUT
@ darebee.com

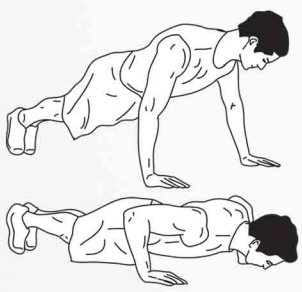
LEVEL I 3 sets
LEVEL II 5 sets
LEVEL III 7 sets
REST up to 2 minutes



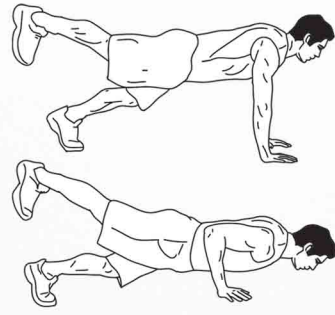
to failure chin-ups



100 jab + cross



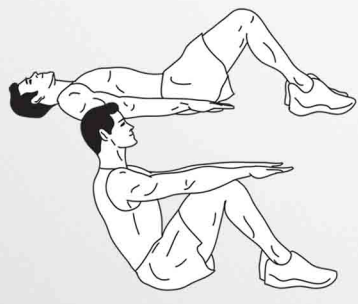
10 wide grip push-ups



4 raised leg push-ups



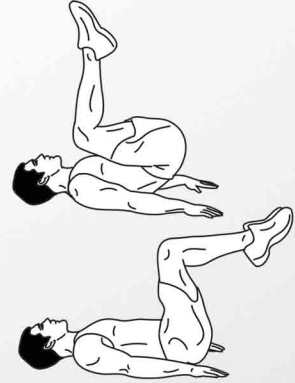
40 speed bag punches



10 sit-ups



10 knee-to-elbow crunches



10 reverse crunches