

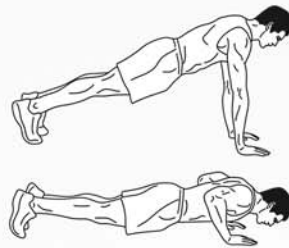
WHIPLASH

DAREBEE WORKOUT @ darebee.com

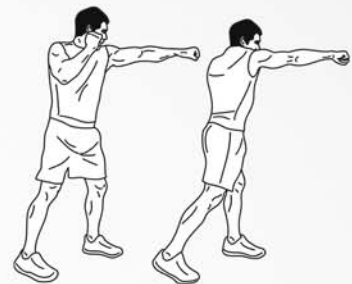
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 side kicks



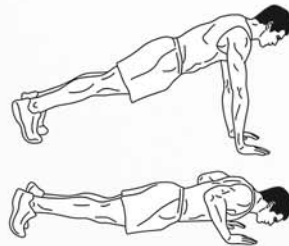
10 push-ups



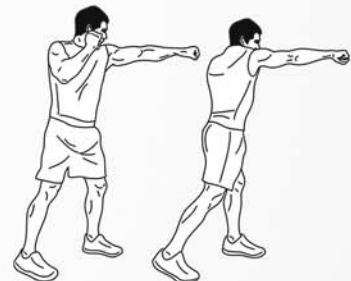
20 punches



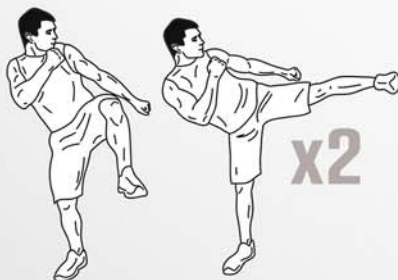
20 squat + side kicks



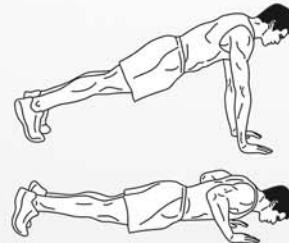
10 push-ups



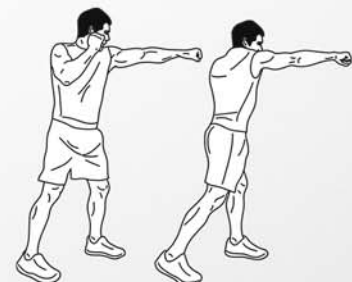
20 punches



20 double side kicks



10 push-ups



20 punches