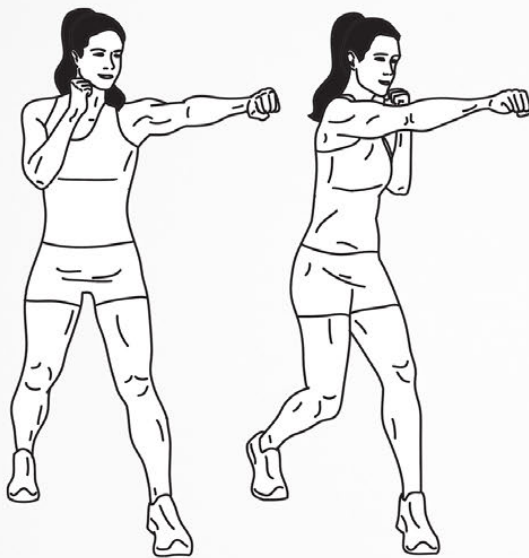


COUNTER

DAREBEE WORKOUT @ darebee.com

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



20 punches

2 squats

20 punches

2 squats

20 punches

2 squats



20 punches

2 squats

20 punches

2 squats