

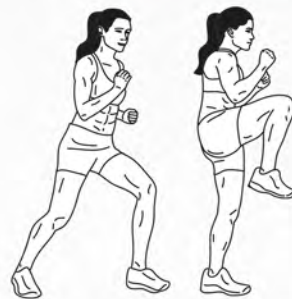
ONNA BUGEISHA

DAREBEE WORKOUT @ darebee.com

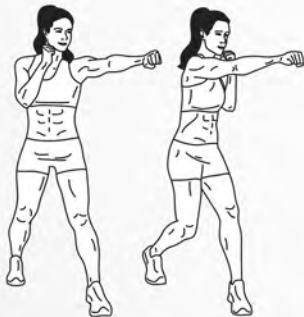
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



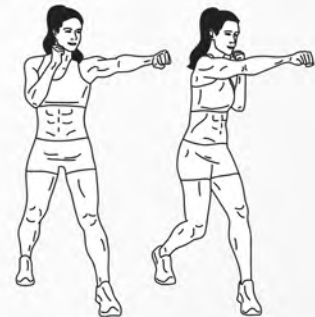
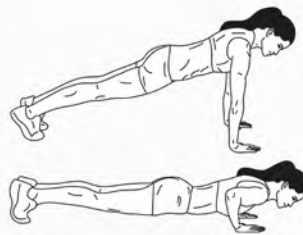
30 knee strikes



30combos knee strike + elbow strike



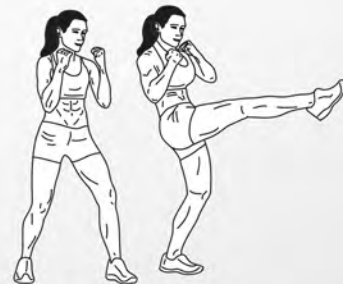
30 punches (jab + cross)



30combos push-up+ jab + cross



30 front kicks



30combos squat + front kick