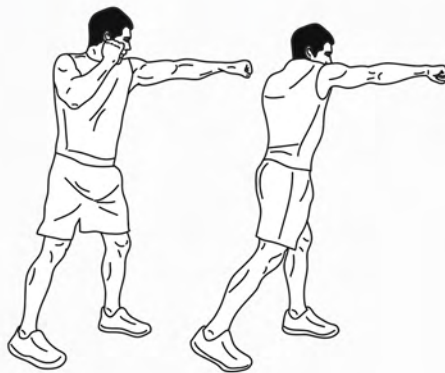


# FIGHTER'S WARMUP

BY DAREBEE © [darebee.com](http://darebee.com) 30 seconds each



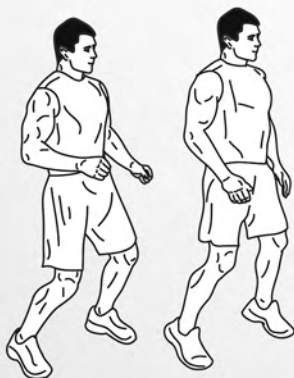
bounce on the spot



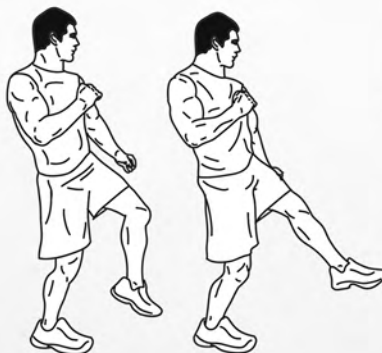
light punches



torso rotations



bounce on the spot



light low front kicks



light low turning kicks