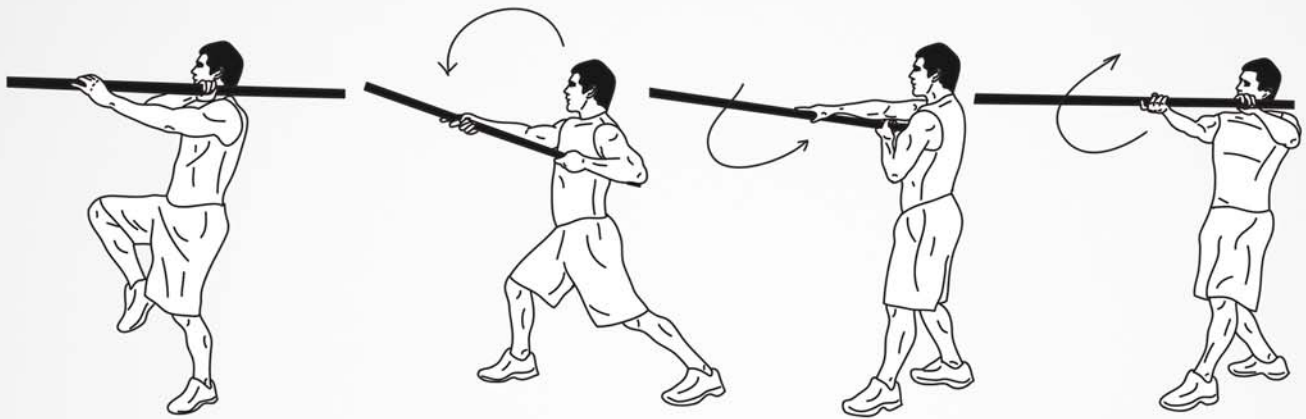


BENDER

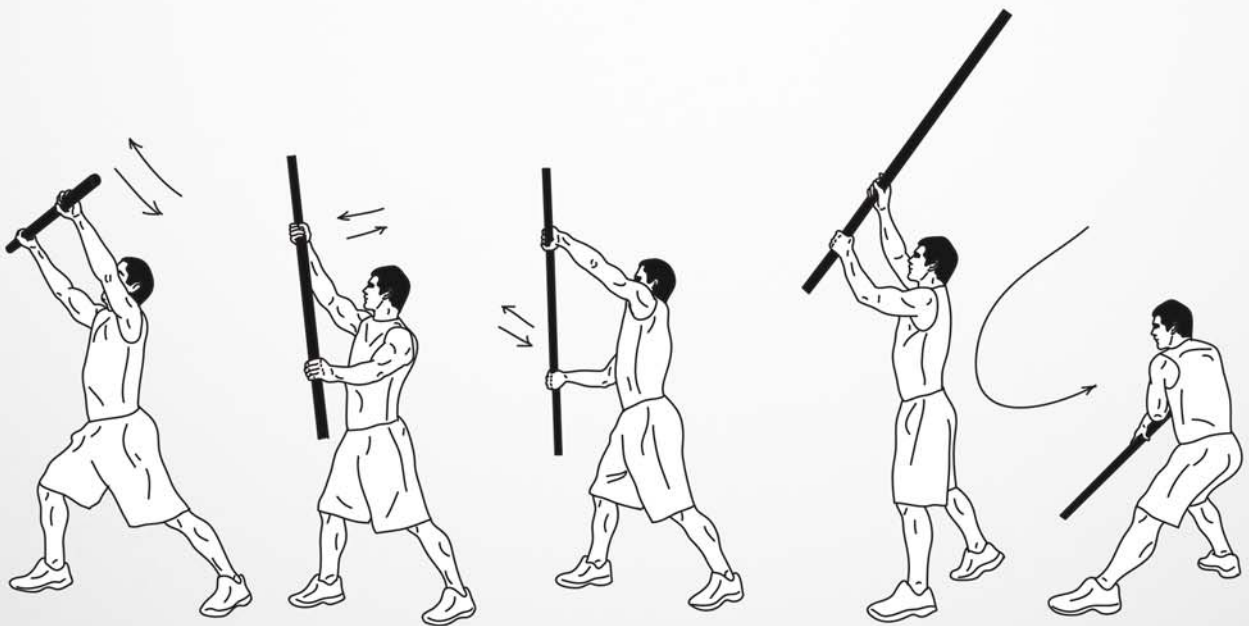
DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes
alternatively do all four as a combination 20, 30 or 40 times



20 overhead strikes

20 high horizontal strikes (left & right)



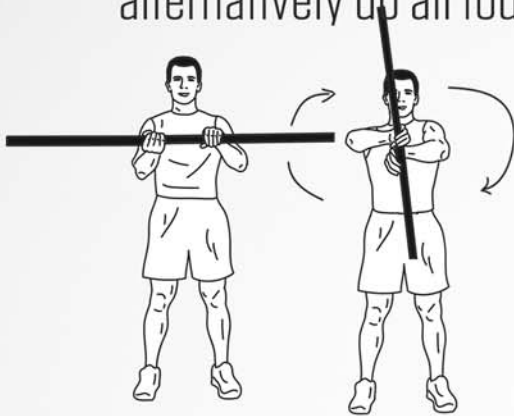
20 combo block high + block left + block right

20 downward swipes

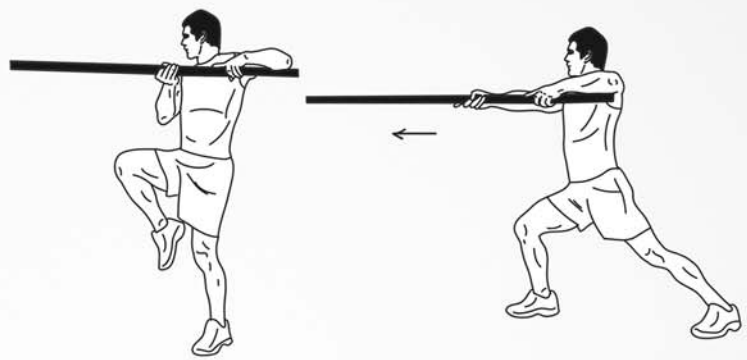
COMBAT-BO

DAREBEE WORKOUT @ darebee.com

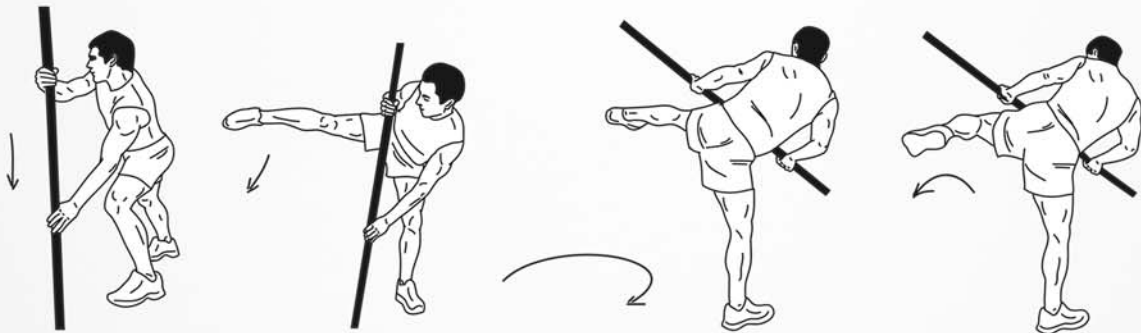
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes
alternatively do all four as a combination 20, 30 or 40 times



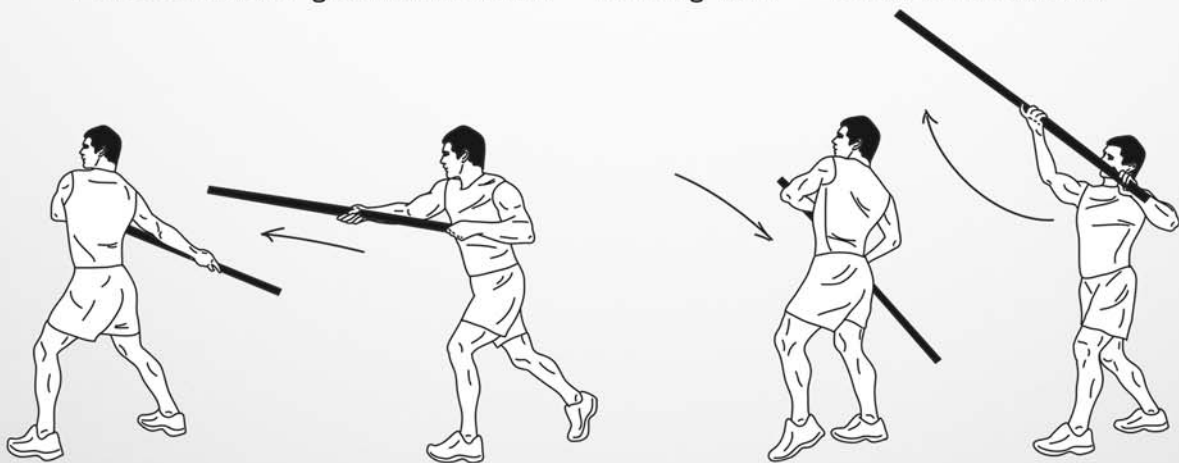
10 spins



10 forward thrusts



20 combos grounded block + turning kick + reverse hook kick



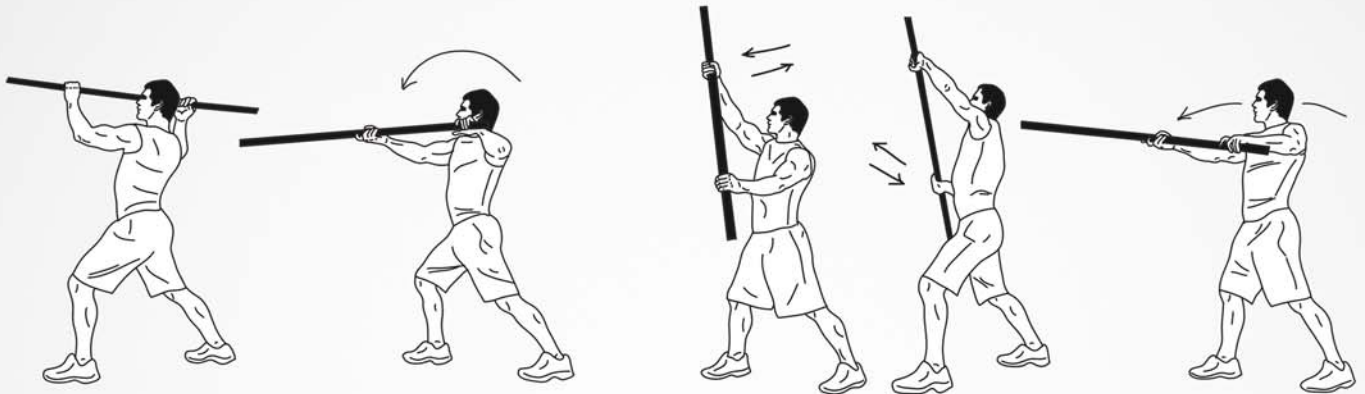
20 combo horizontal strikes

20 uppercuts

COME TO THE DARK SIDE

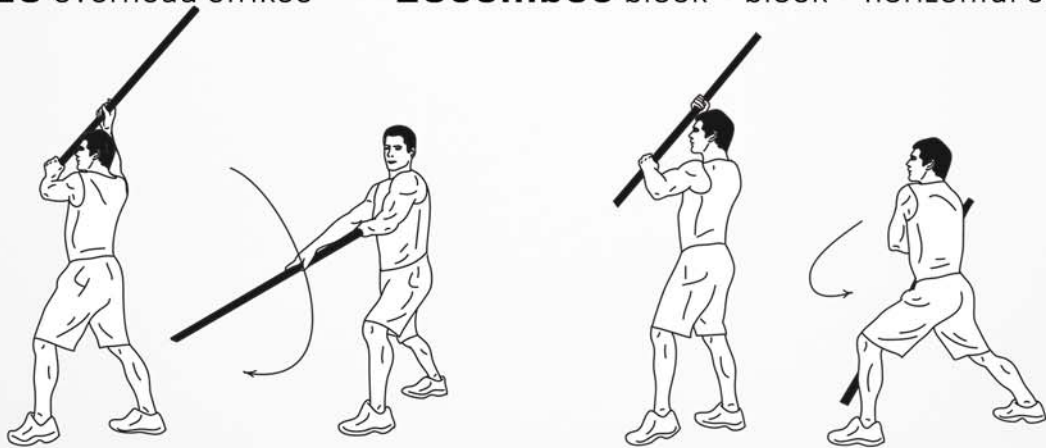
DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes
alternatively do all four as a combination 20, 30 or 40 times



20 overhead strikes

20 combos block + block + horizontal strike



20 combos downward swipe to the right + downward swipe to the left

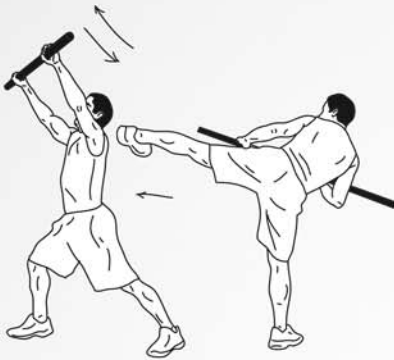


20 combos side kick + waist height horizontal strike

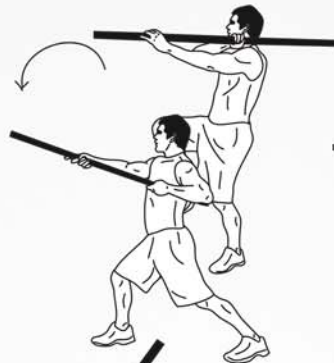
STORM BREAKER

DAREBEE WORKOUT
@ darebee.com

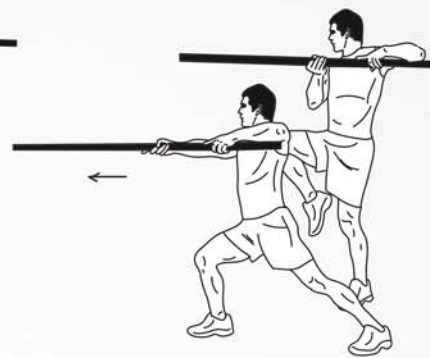
5 sets
2 minutes rest
between sets



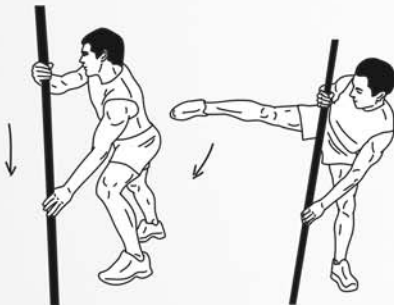
20 block + side kick



20 vertical strikes



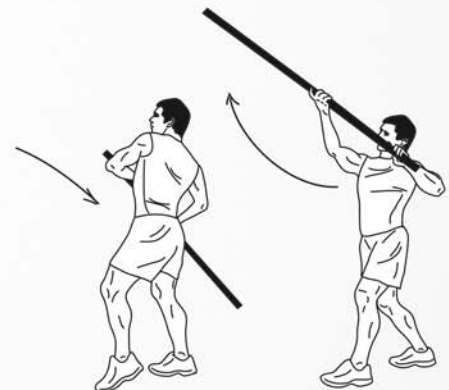
20 thrusts



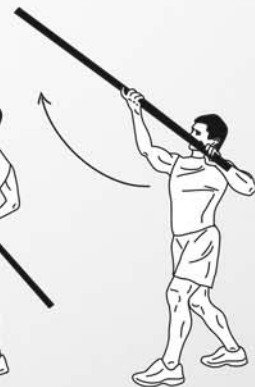
20 grounded block + turning kick



20 sweeps



20 uppercuts



20 combos block + sweep + uppercut