

4 ASSASSINS

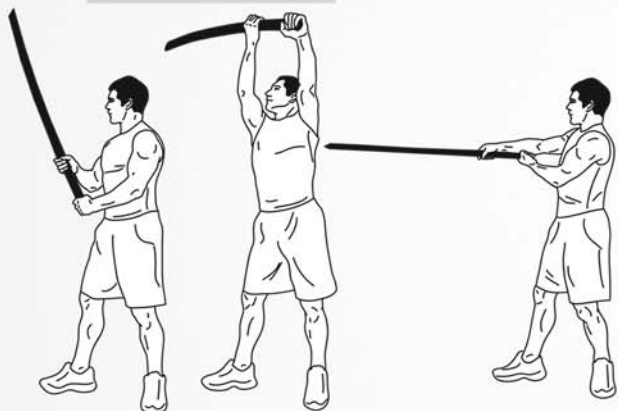
DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets

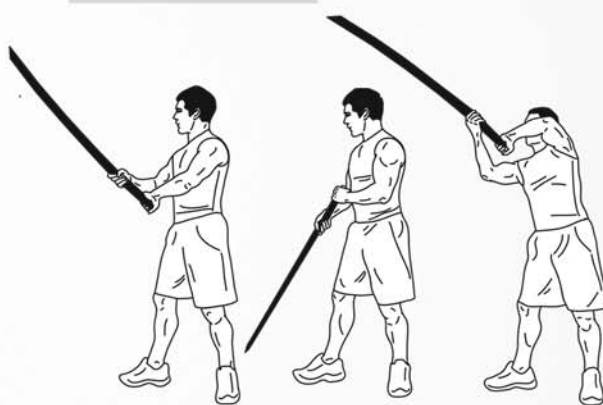
10 combos each | REST up to 2 minutes



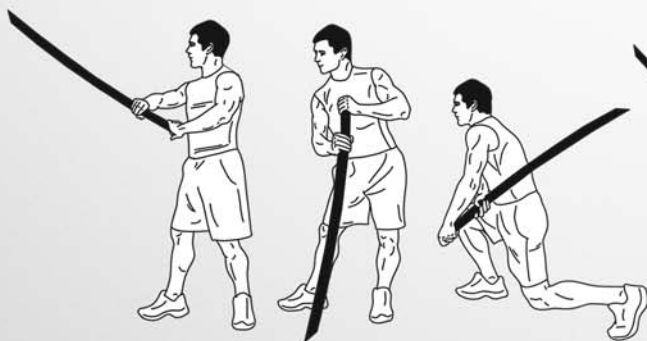
1 upward block + horizontal cut



2 downward block + uppercut



3 downward block + reverse thrust



4 horizontal cut + forward thrust

