

BLAZE OF GLORY

DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets

REST up to 2 minutes



10 high knees

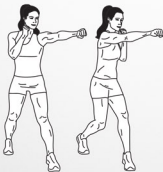
10 punches

10 high knees

10 punches

10 high knees

10 punches



10 high knees

10 punches

10 high knees

10 punches