

I'M GOING TO BE
BRAVE
TODAY

DAREBEE WORKOUT @ darebee.com

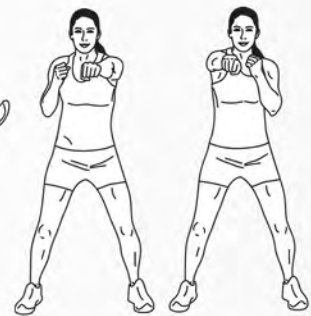
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 punches



10 front kicks



20 punches



5 squats



20 punches



5 squats