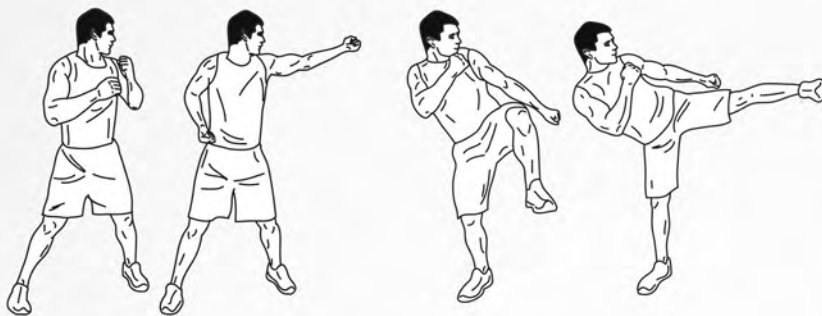


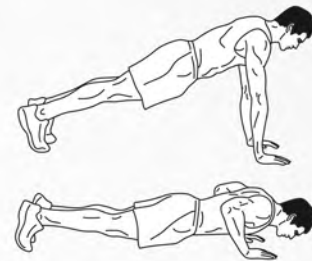
COMBAT PRO

DAREBEE WORKOUT @ darebee.com

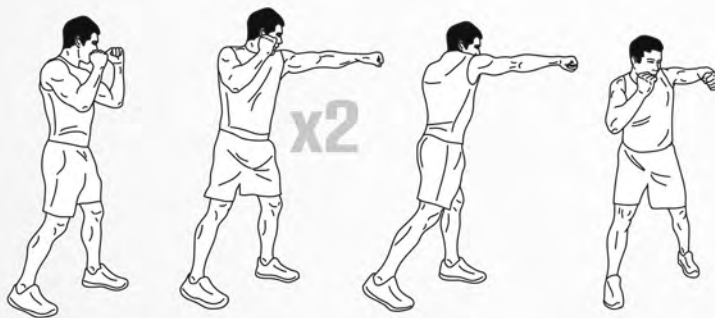
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



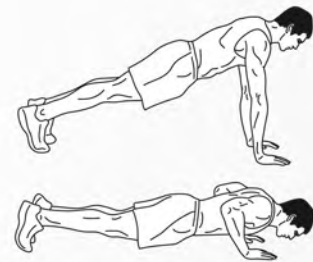
20combos backfist + side kick



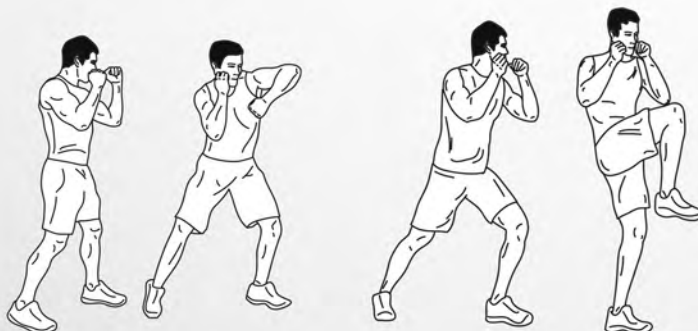
12 push-ups



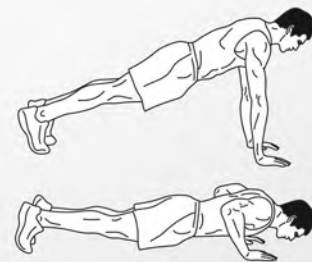
20combos jab + jab + cross + hook



12 push-ups



20combos elbow strike + knee strike



12 push-ups