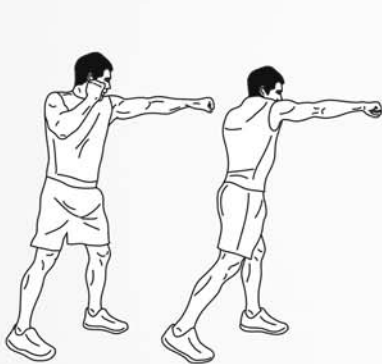


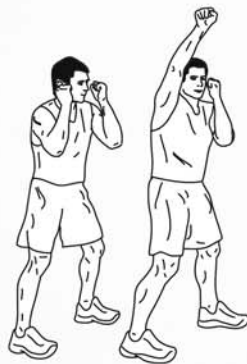
CORE FIGHTER

DAREBEE WORKOUT @ darebee.com

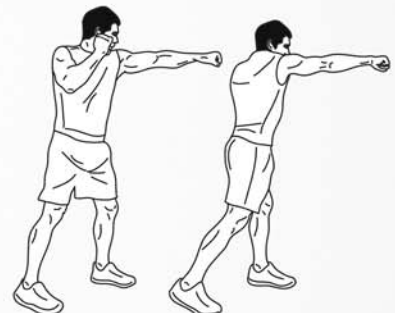
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



20 punches



20 overhead punches



20 punches



10 sit-up punches



10 sitting punches



10 sit-up punches