

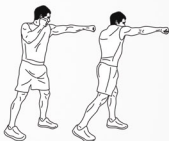
# COUNTER STRIKE

DAREBEE WORKOUT @ [darebee.com](https://darebee.com)

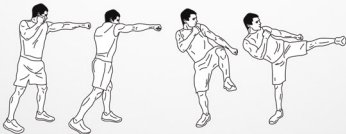
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



**40** side kicks



**40** jab + cross



**20** combos jab + cross + side kick