

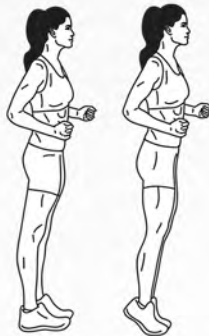
CYBERPUNK

DAREBEE WORKOUT @ darebee.com

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



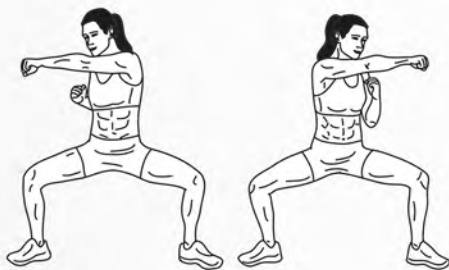
20 knee strikes



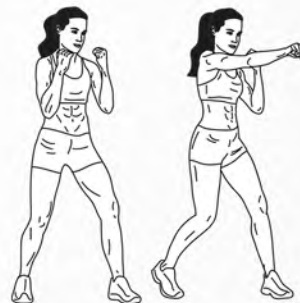
6 calf raises



20 knee strikes



20 squat hold punches



20 punches



10 elbow plank step outs



6 elbow plank knee-ins



10 side bridges

