

DANGER ZONE

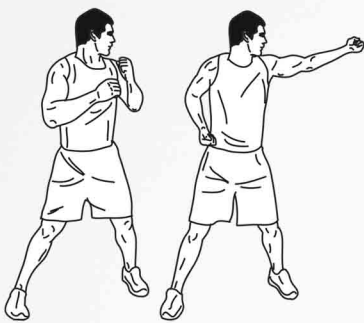
DAREBEE WORKOUT
@ darebee.com

LEVEL I 3 sets

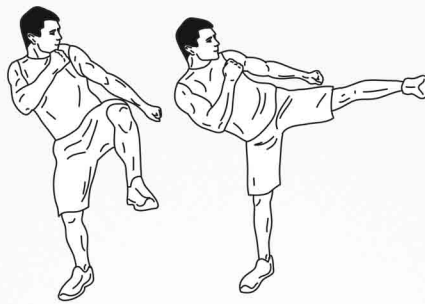
LEVEL II 5 sets

LEVEL III 7 sets

REST up to 2 minutes



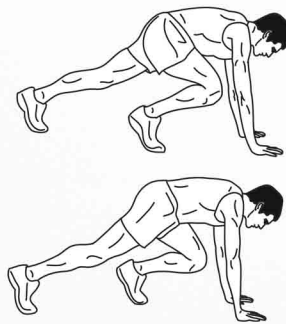
20 combos backfist + side kick



20 squat + uppercut



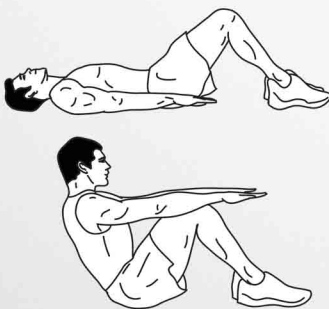
10 high knees



10 climbers



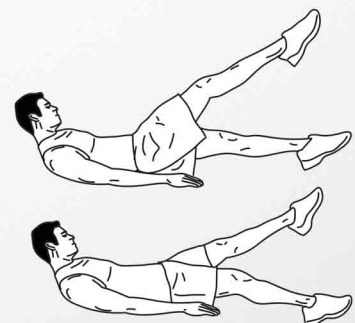
10 high knees



10 sit-ups



10 sitting twists



10 flutter kicks