

DARK

DAREBEE
WORKOUT

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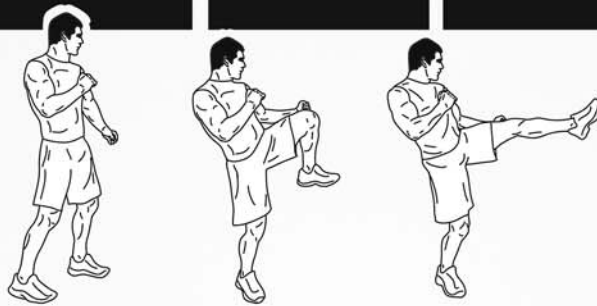
ELLE

LEVEL I 3 sets

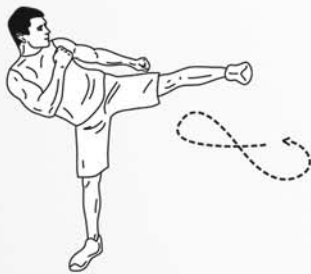
LEVEL II 5 sets

LEVEL III 7 sets

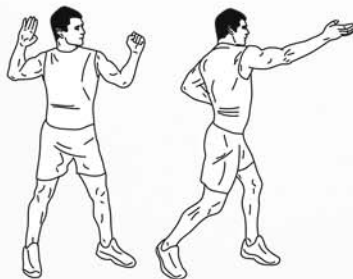
REST up to 2 minutes



20 front kicks



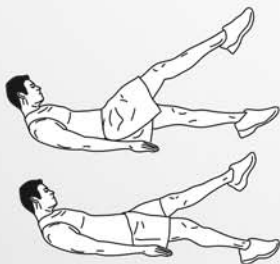
10 infinity circles



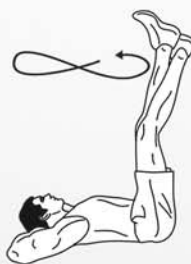
20 knife hand strikes



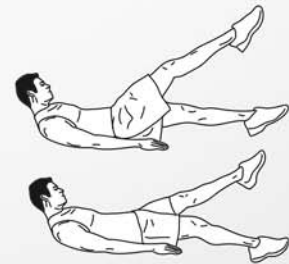
10 infinity circles



20 flutter kicks



10 infinity circles



20 flutter kicks