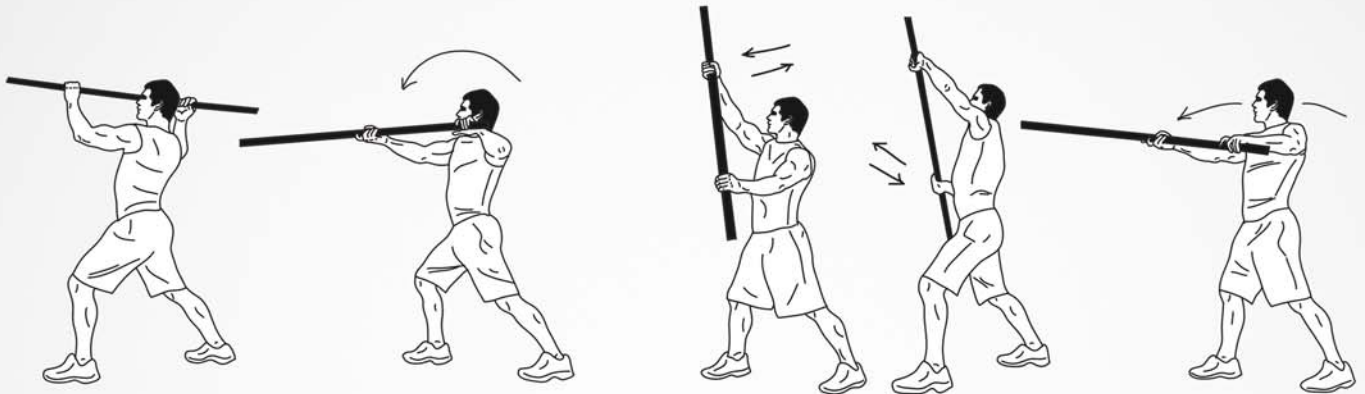


# COME TO THE DARK SIDE

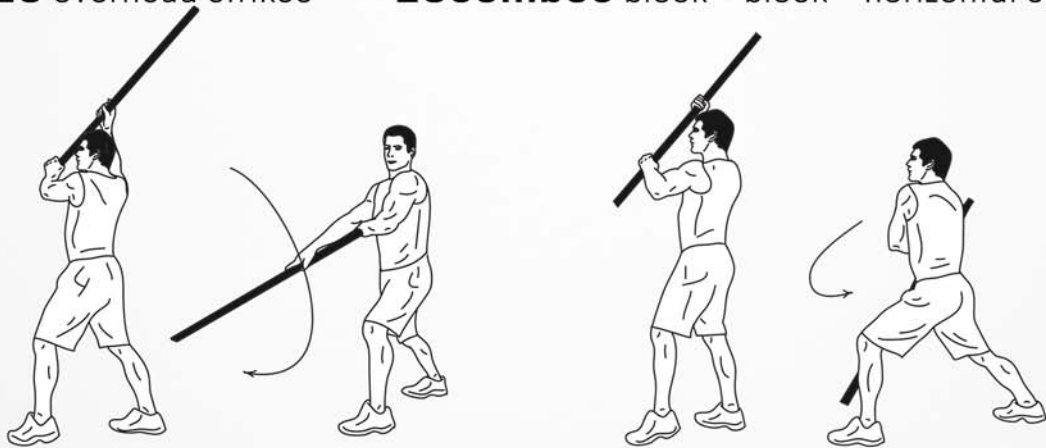
DAREBEE WORKOUT @ [darebee.com](http://darebee.com)

LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes  
alternatively do all four as a combination 20, 30 or 40 times



20 overhead strikes

20 combos block + block + horizontal strike



20 combos downward swipe to the right + downward swipe to the left



20 combos side kick + waist height horizontal strike