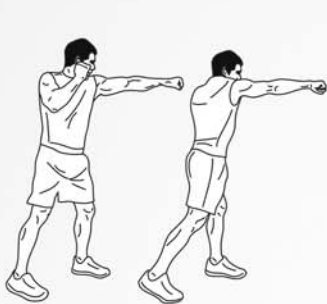


#FINAL BELL

DAREBEE WORKOUT @ darebee.com

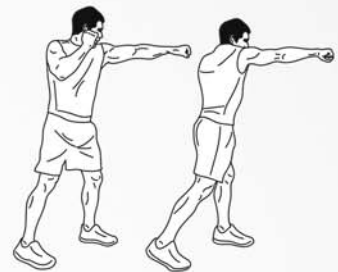
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



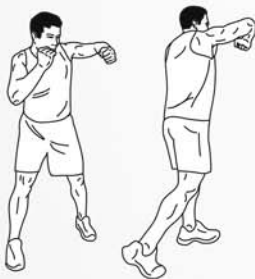
20 punches



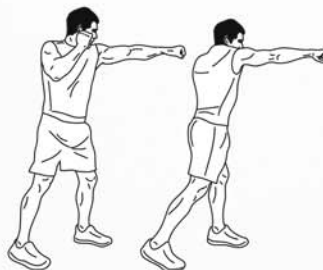
10 uppercuts



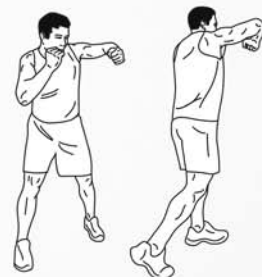
20 punches



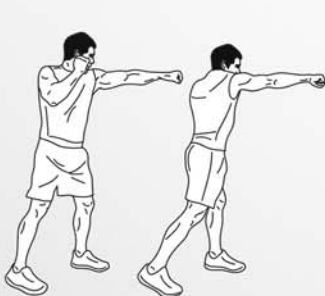
10 hooks



20 punches



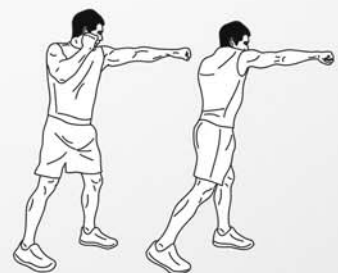
10 hooks



20 punches



10 uppercuts



20 punches