

FIST of FURY

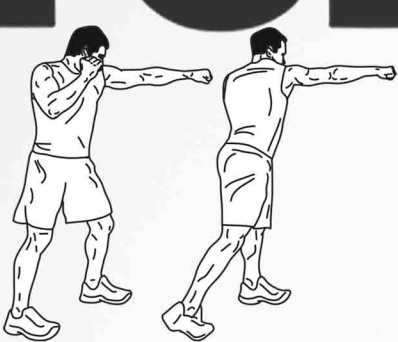
TRIBUTE WORKOUT
@ darebee.com

LEVEL I 3 sets

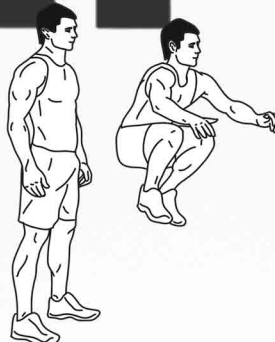
LEVEL II 5 sets

LEVEL III 7 sets

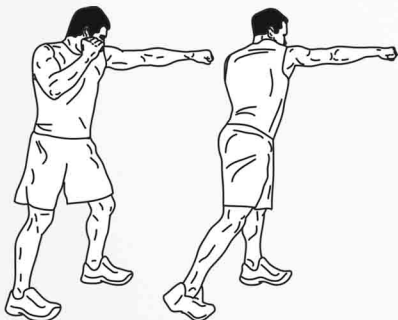
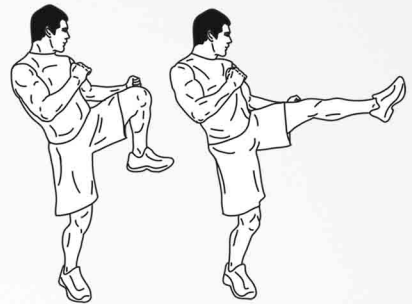
REST up to 2 minutes



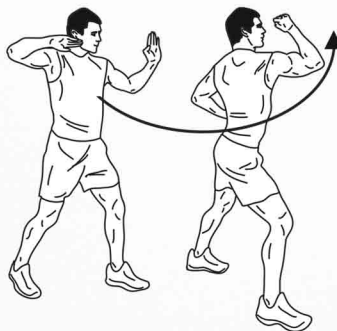
60 jab + cross



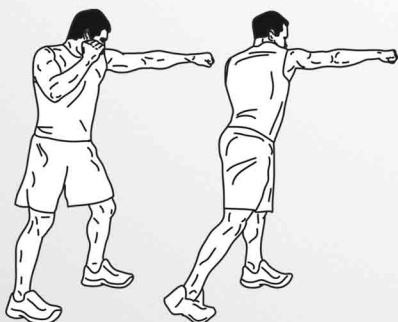
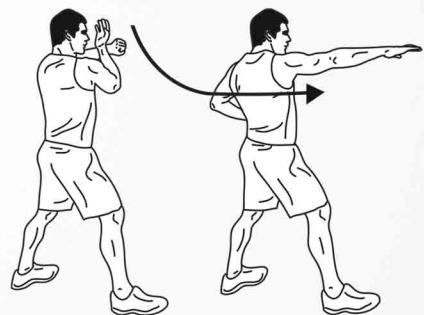
10combos jump knee tuck + front snap kick



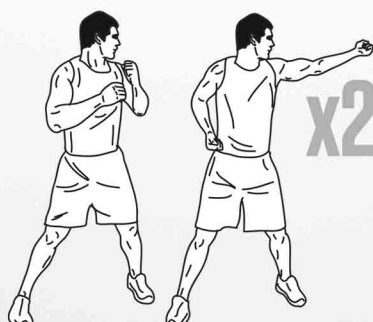
60 jab + cross



10combos mid elbow strike + knife hand strike



60 jab + cross



60 double backfists

workout finish



5 minutes
squat hold punches