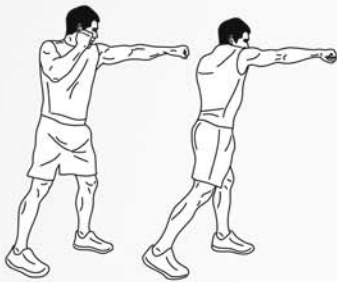


GLOBAL WARRIOR

DAREBEE WORKOUT @ darebee.com

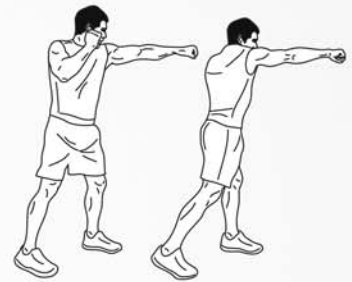
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



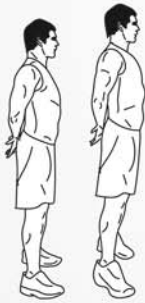
10 punches



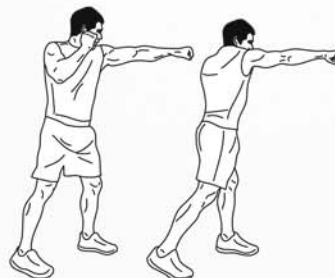
20 squat hold punches



10 punches



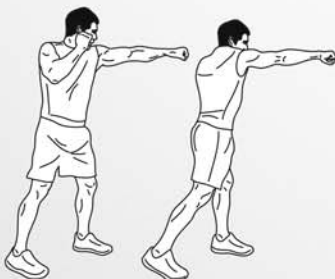
5 calf raises



10 punches



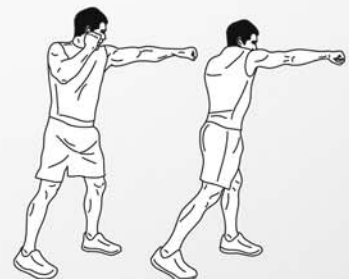
5 calf raises



10 punches



20 squat hold punches



10 punches