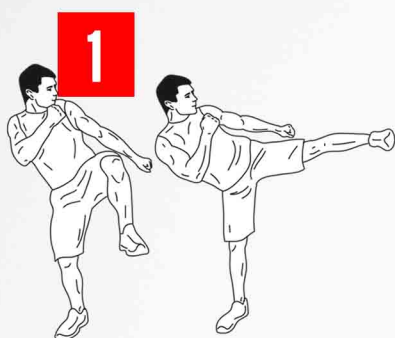


KICKER



DAREBEE WORKOUT @ darebee.com

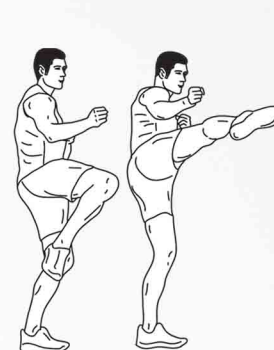
1 minute each | 1 minute rest between exercises



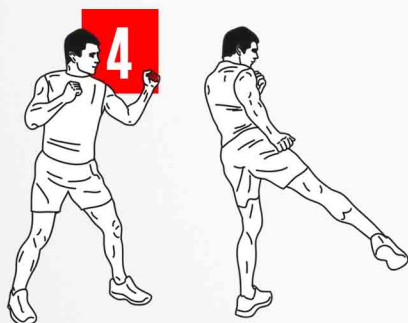
side kicks



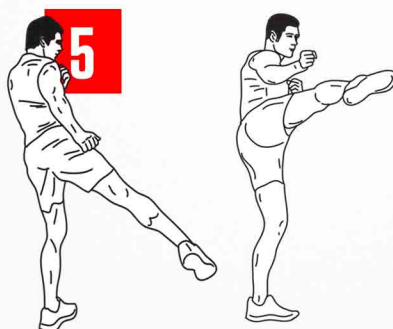
low + high side kicks



turning kicks



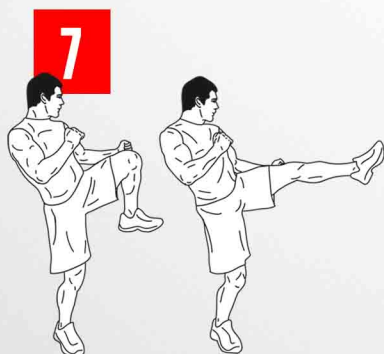
low turning kicks



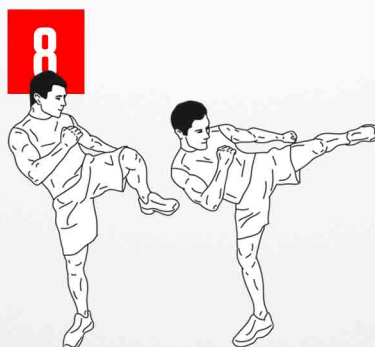
low + high turning kicks



double turning kicks



front kicks



hook kicks



drop back kicks