

KUNOICHI

DAREBEE WORKOUT @ darebee.com

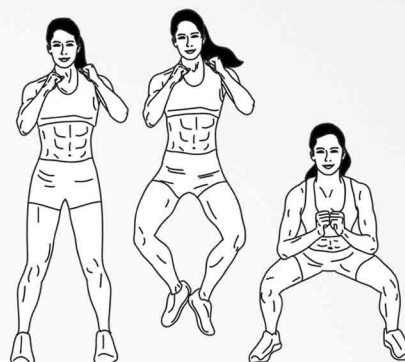
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



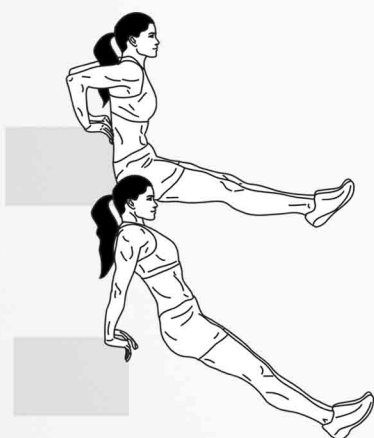
20 butt kicks



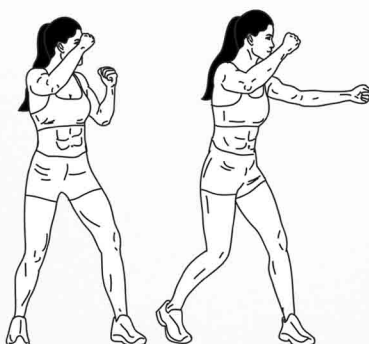
20 knee strikes



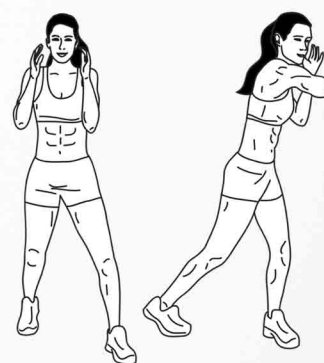
20combos heel click + squat



10 tricep dips



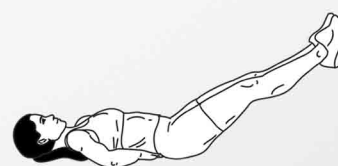
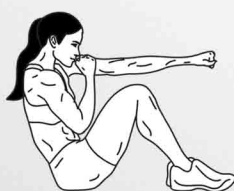
20combos back fist + elbow strike



10 sit-up punches



10 side Vs



10 leg raises

