

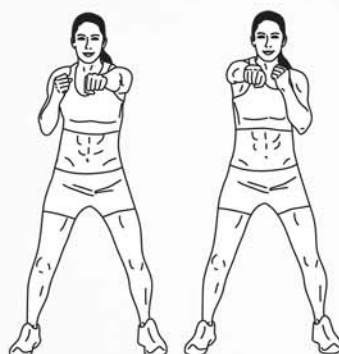
METHOD TO MY MADNESS

DAREBEE WORKOUT @ darebee.com

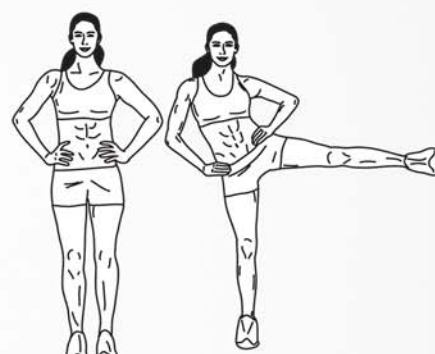
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



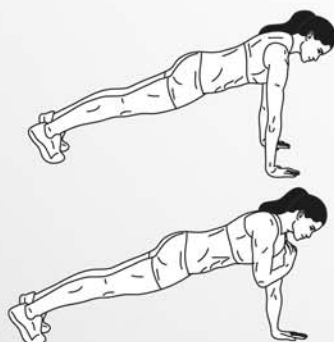
20 knee strikes



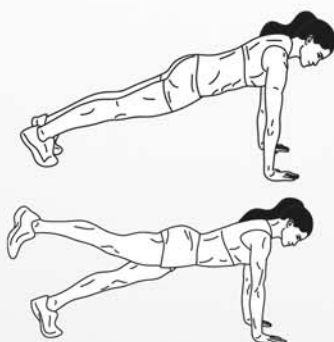
20 punches



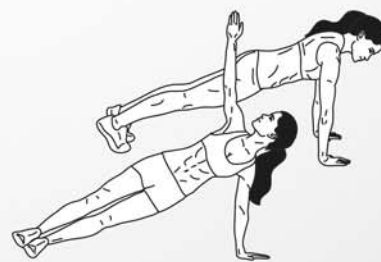
20 side leg raises



10 shoulder taps



10 plank leg raises



10 plank rotations