

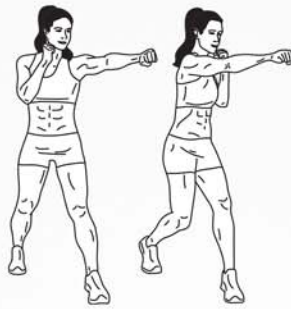
MAZE

DAREBEE WORKOUT @ darebee.com

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



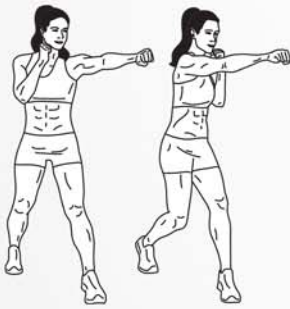
4 squats



20 punches



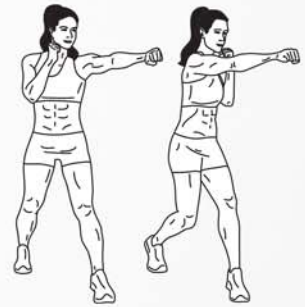
4 squats



20 punches



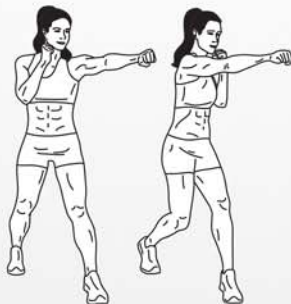
20 front kicks



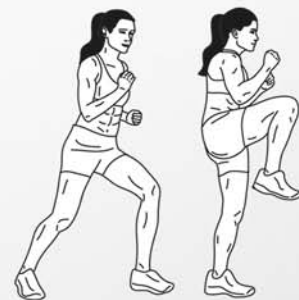
20 punches



4 knee strikes



20 punches



4 knee strikes