

NORTH STAR

DAREBEE WORKOUT

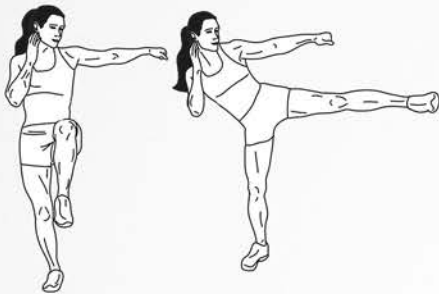
© darebee.com

LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

REST up to 2 minutes



10 side kicks



20 high knees



10 side kicks



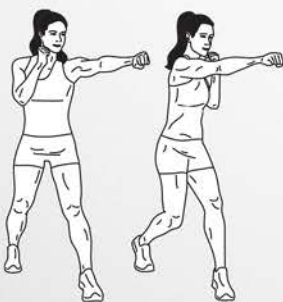
20 high knees



10 knee strikes



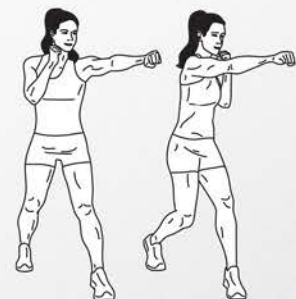
20 high knees



10 punches



20 high knees



10 punches