

ONE KICK

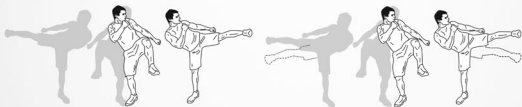
DAREBEE **SIDE KICK** WORKOUT @ darebee.com

LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



10 side kick, bounce & change sides

10 double side kick / low and mid height



10 side-to-side / single kick

10 side-to-side double kick / low and mid height



10 balance side kicks