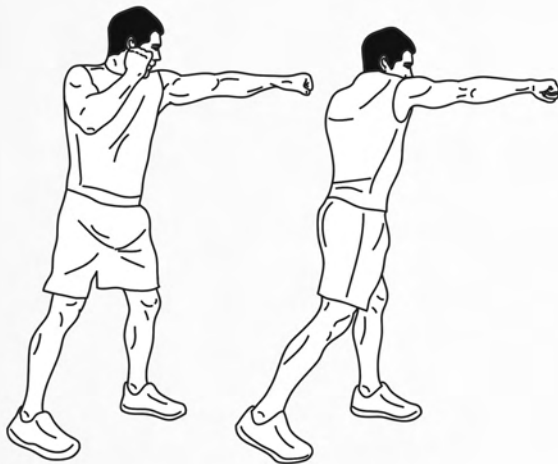


# ROWDY

DAREBEE WORKOUT @ [darebee.com](https://darebee.com)

5 sets | 2 minutes rest between sets



**20** punches

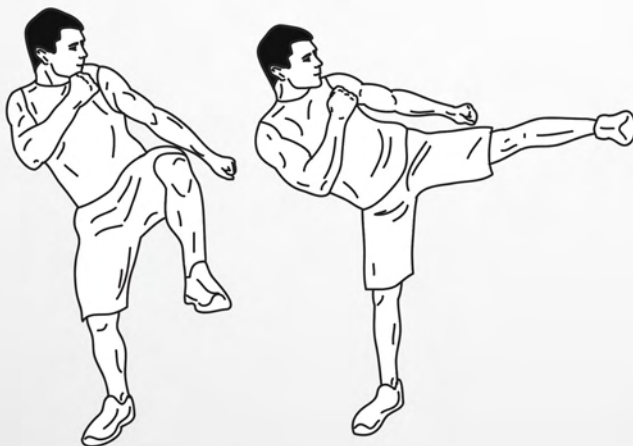
**10** side kicks

**20** punches

**10** side kicks

**20** punches

**10** side kicks



**20** punches

**10** side kicks

**20** punches

**10** side kicks

done