

run & gun

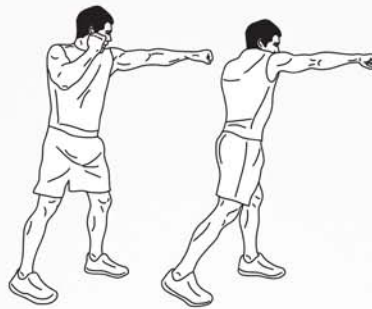
DAREBEE **HIT** WORKOUT @ darebee.com

Level I 3 rounds Level II 5 rounds Level III 7 rounds 2 min rest between rounds

Extra Credit 1 push-up every 20 seconds



20sec high knees



20sec punches



20sec high knees



20sec hooks



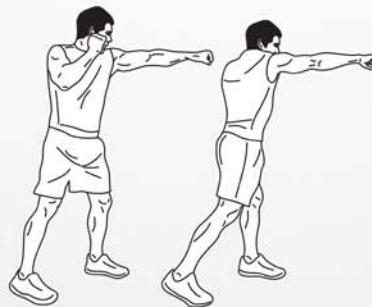
20sec high knees



20sec uppercuts



20sec high knees



20sec punches



20sec high knees