

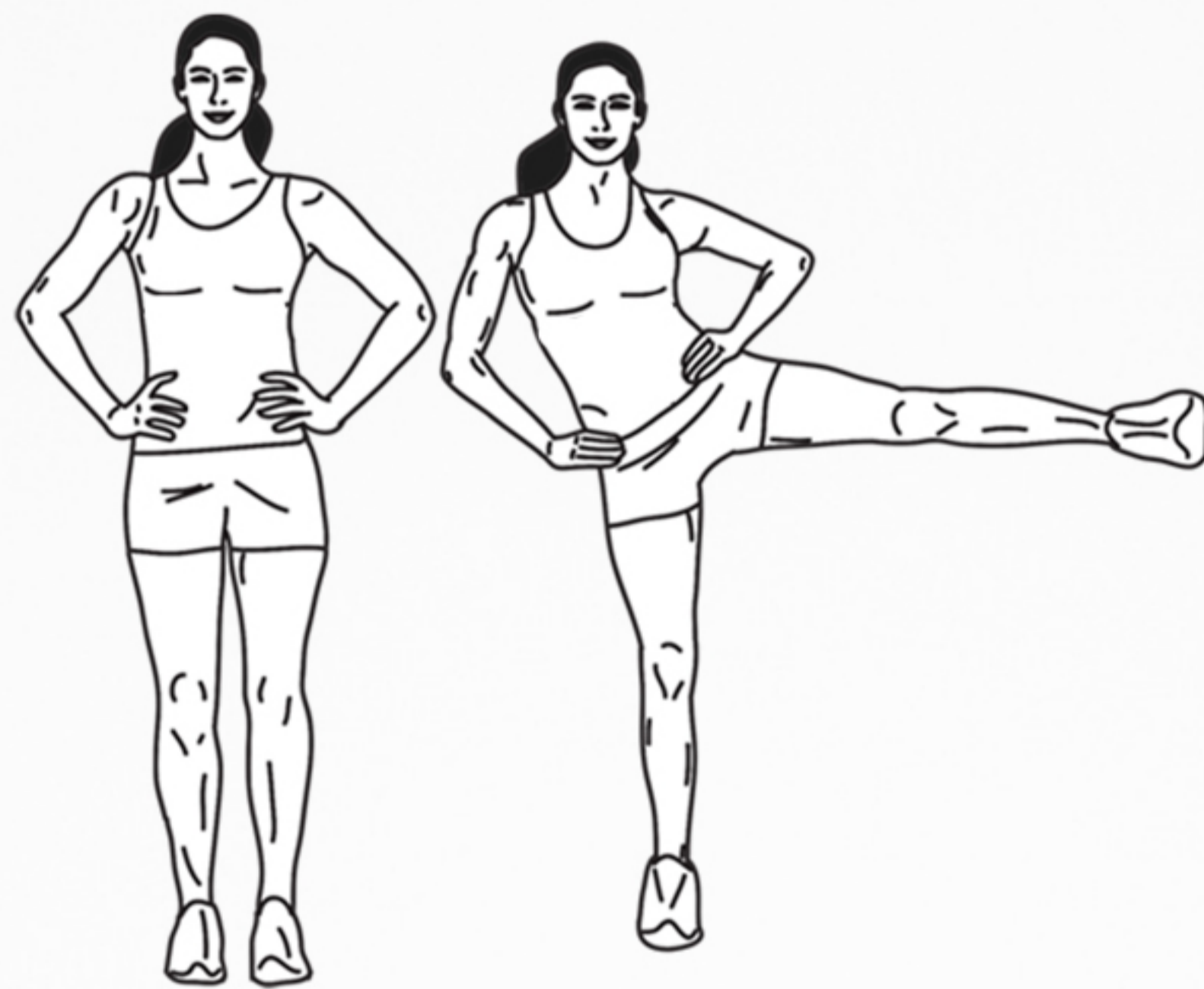
Setting Goals

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

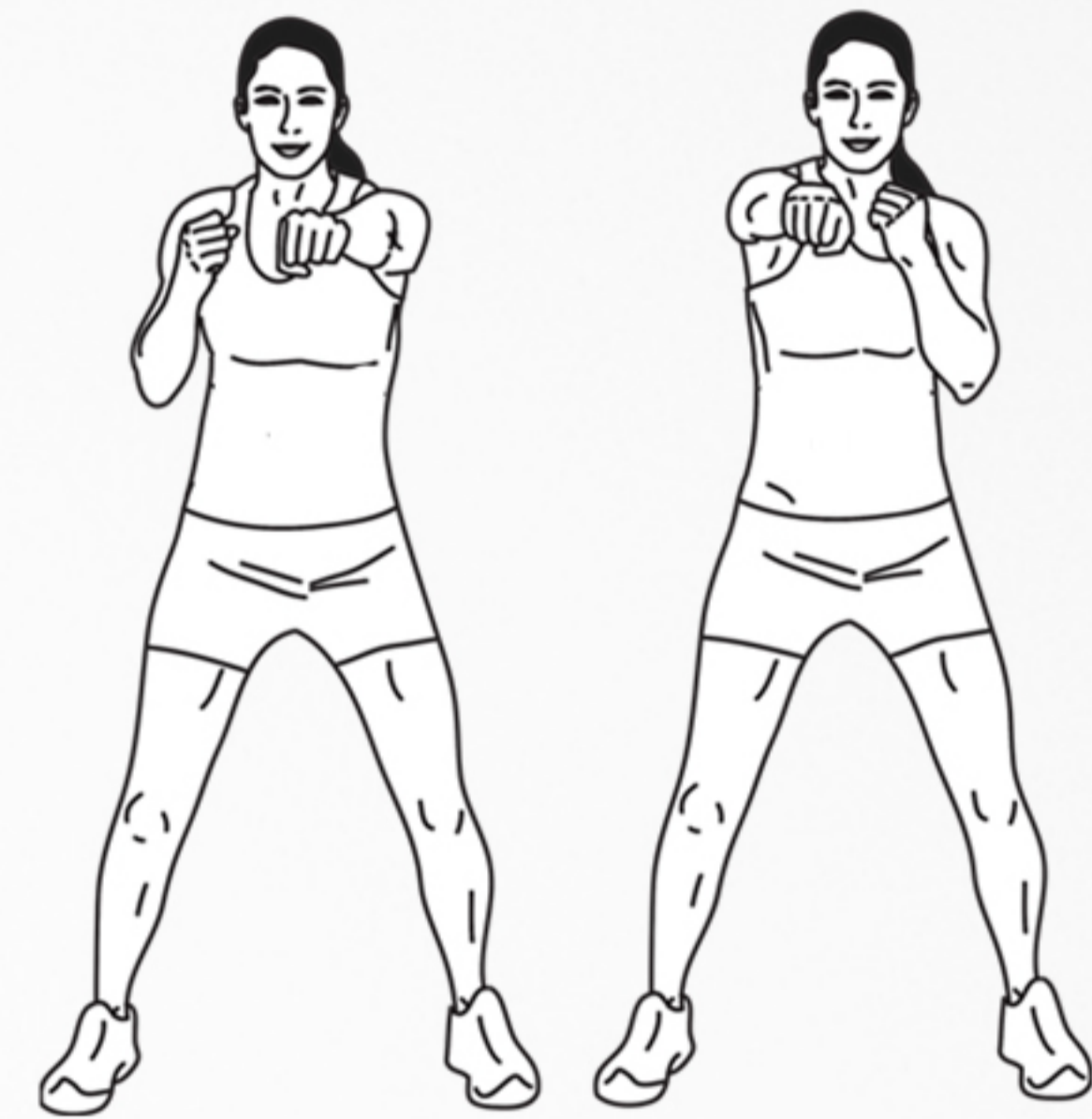
Level I 3 sets
Level II 5 sets
Level III 7 sets
2 minutes rest



4 lunges



20 side leg raises



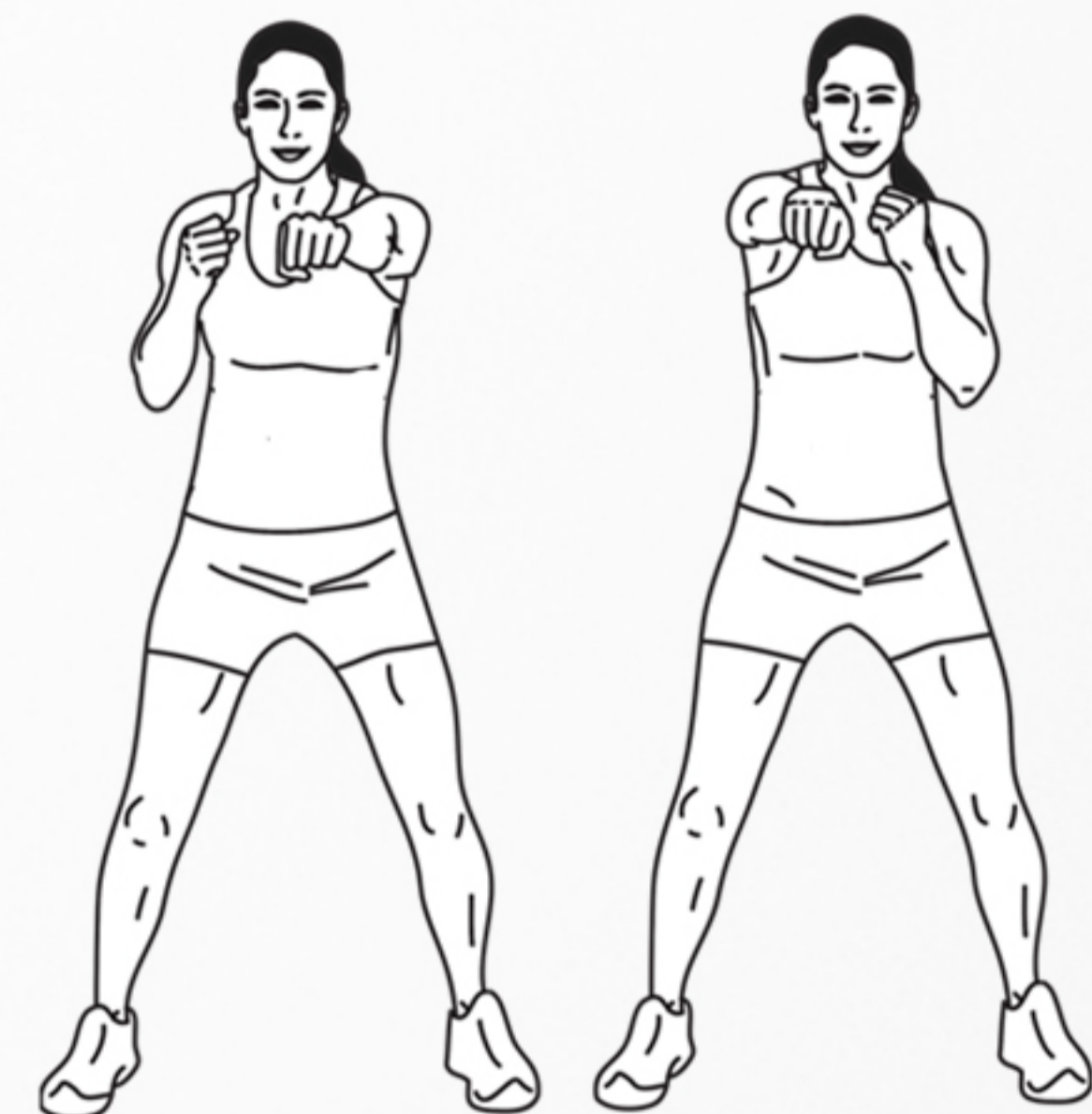
20 punches



4 lunges



4 knee-to-elbows



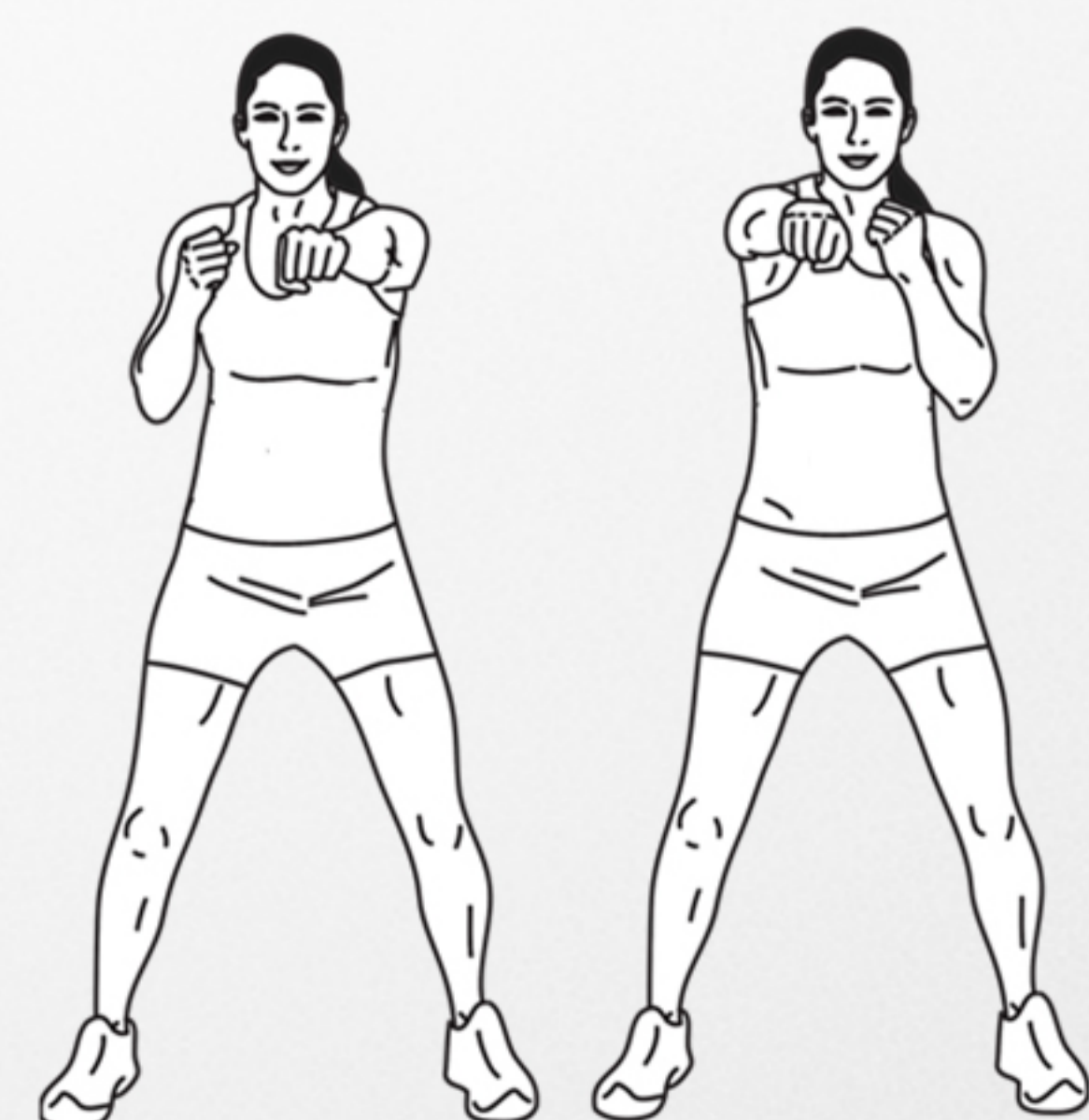
20 punches



4 lunges



20 back leg raises



20 punches