

SLAYER

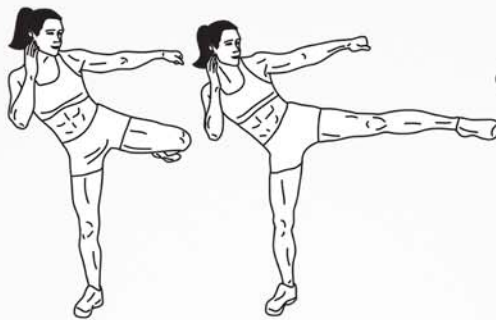
DAREBEE WORKOUT

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

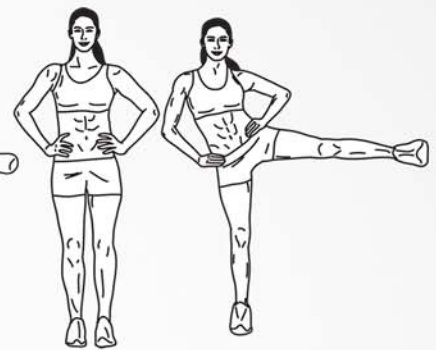
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 high knees



20 turning kicks



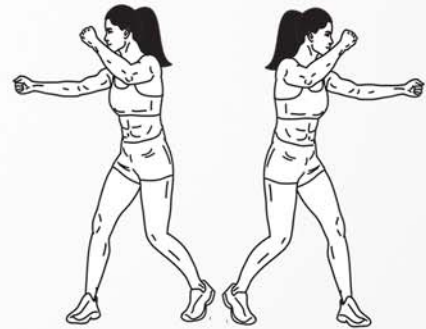
20 side leg raises



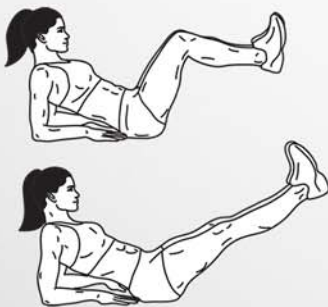
20 punches



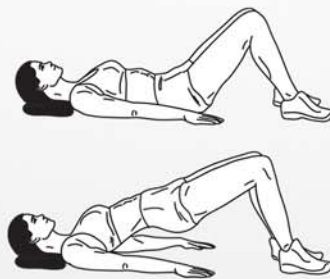
20 lunge punches



20 side-to-side backfists



10 crunch kicks



10 bridges



10 sit-up punches