

# STILL HERE, STILL KICKING

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

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



10 turning kicks  
right leg



20 front kicks



10 turning kicks  
left leg



10-count squat hold



20 calf raises



10-count squat hold



20 hook kicks