

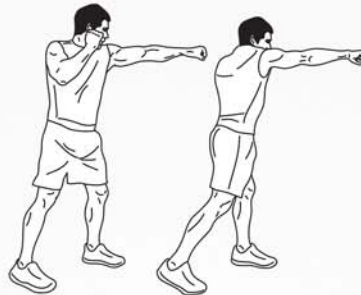
TAKEOVER

DAREBEE **HIT** WORKOUT @ darebee.com

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



20sec turning kicks



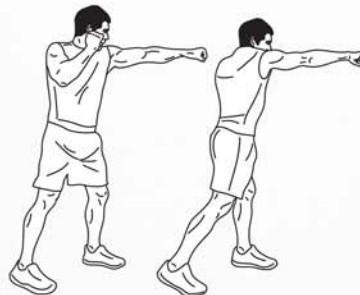
20sec punches



20sec sit-up punches



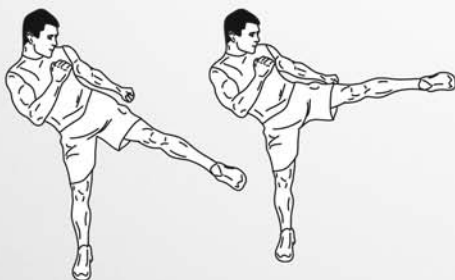
20sec hook kicks



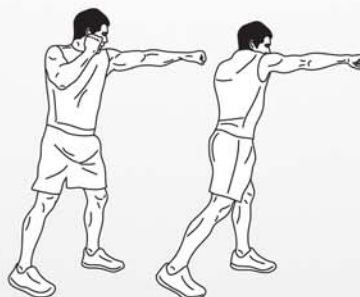
20sec punches



20sec sit-up punches



20sec double turning kicks



20sec punches



20sec sit-up punches