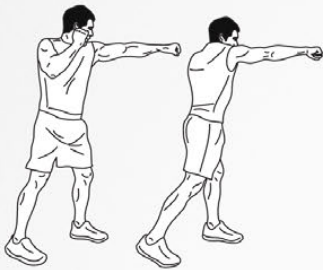


# toughie

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

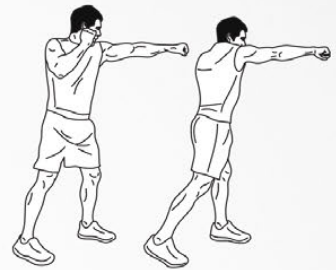
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



**10** punches



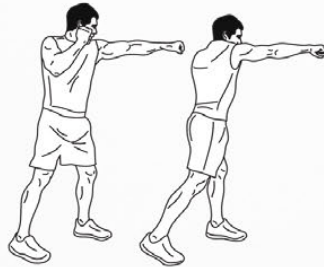
**10-count** squat hold



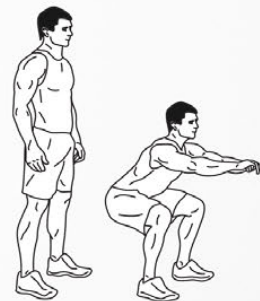
**10** punches



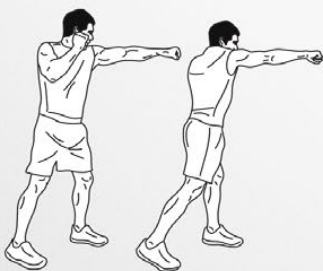
**10** squats



**10** punches



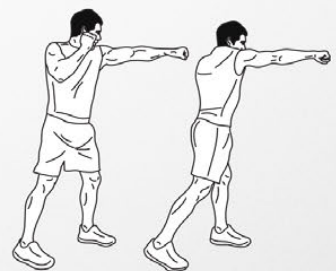
**10** squats



**10** punches



**10-count** squat hold



**10** punches