

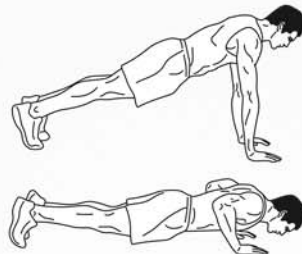
# ULTIMATE FIGHTER

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

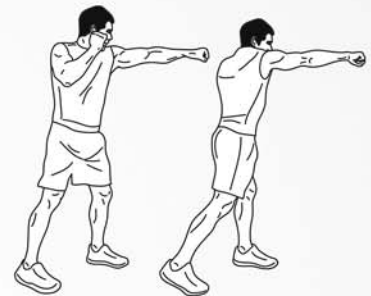
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



**20** turning kicks



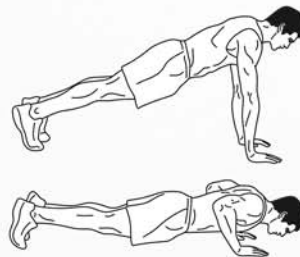
**10** push-ups



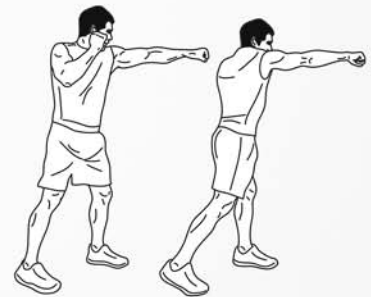
**20** punches



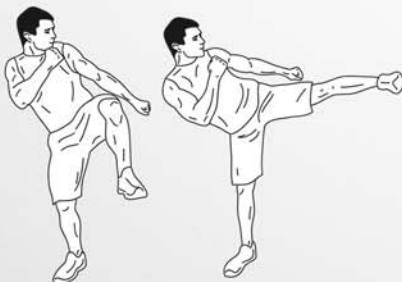
**20** squats



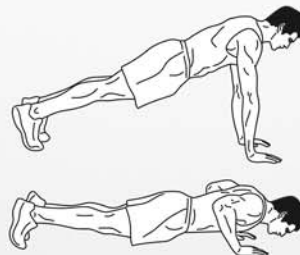
**10** push-ups



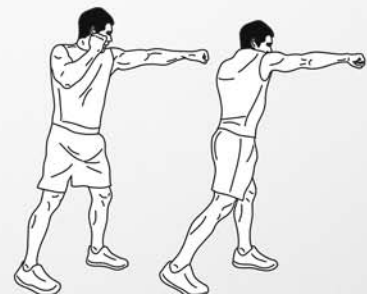
**20** punches



**20** side kicks



**10** push-ups



**20** punches