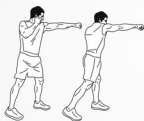


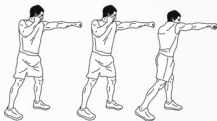
WORLD BREAKER

DAREBEE WORKOUT © darebee.com

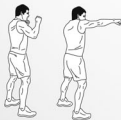
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 jab + cross



20 jab + jab + cross



20 jabs only / right arm



20 jabs only / left arm



20 overhead punches