

COMBO FIGHTER

DAREBEE WORKOUT @ darebee.com

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



10combo push-up + jab + cross

20combo squat + side kick



10combo push-up + hook

20combo squat + hook kick



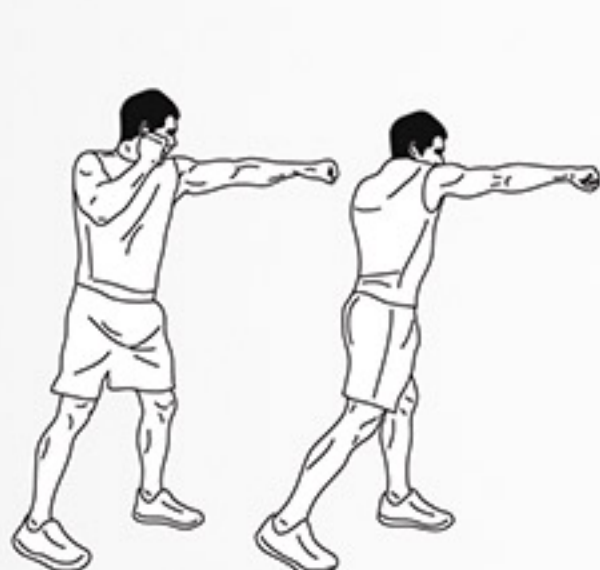
10combo jab + jab + turning kick

5combos jump squat + push-up

CORE FIGHTER

DAREBEE WORKOUT @ darebee.com

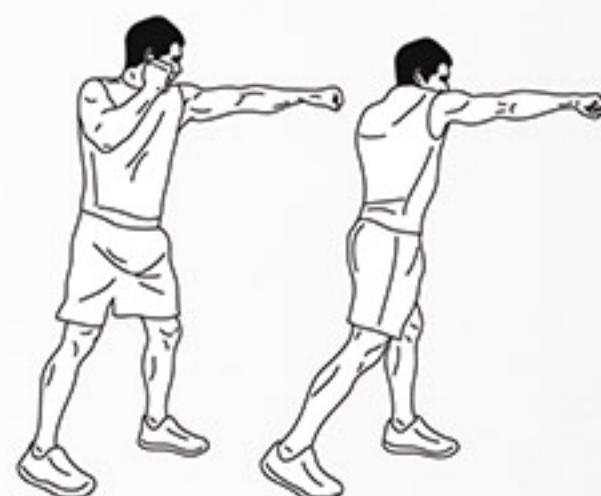
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



20 punches



20 overhead punches



20 punches



10 sit-up punches



10 sitting punches



10 sit-up punches

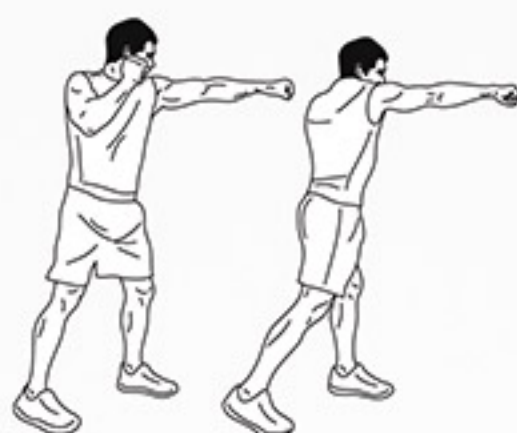
Fight Back

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



10 side kicks



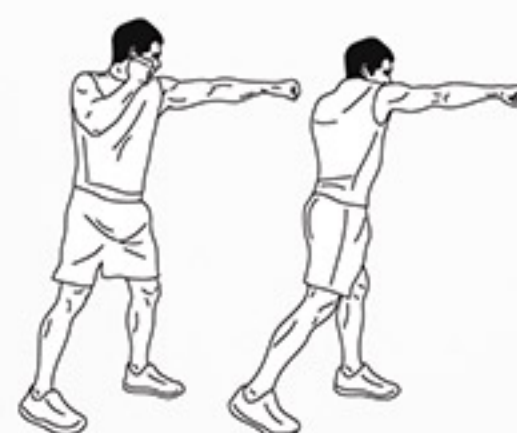
20 punches



10 side kicks



10 knee strikes



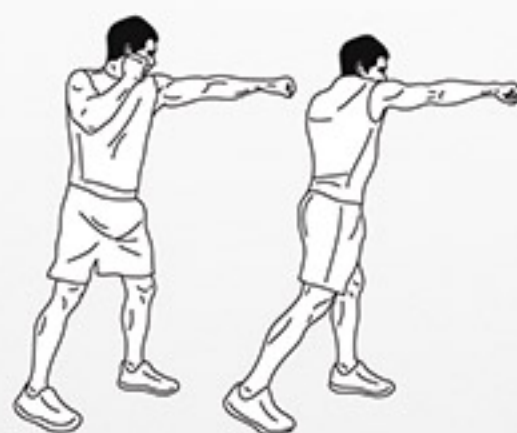
20 punches



10 knee strikes



10 squat hold punches



20 punches



10 squat hold punches

FIGHTER MODE

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



20 squats



20 squat + side kick



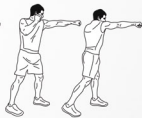
20 side kicks



10 push-ups



10 push-up + jab + cross



40 jab + cross



30-count plank



30-count raised leg plank



30-count side plank

FIGHTER'S CLUB

DAREBEE WORKOUT
© darebee.com

LEVEL I 3 sets

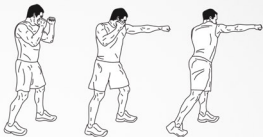
LEVEL II 5 sets

LEVEL III 7 sets

REST up to 2 minutes



to failure chin-ups



100 jab + cross



10 wide grip push-ups



4 raised leg push-ups



40 speed bag punches



10 sit-ups



10 knee-to-elbow crunches



10 reverse crunches

FIGHTER'S STRETCHING

20 SECONDS EACH @ darebee.com



shoulder stretch #1



shoulder stretch #2



shoulder stretch #3



side-to-side lunges



side splits



forward bends



hamstring stretch #1



hamstring stretch #2



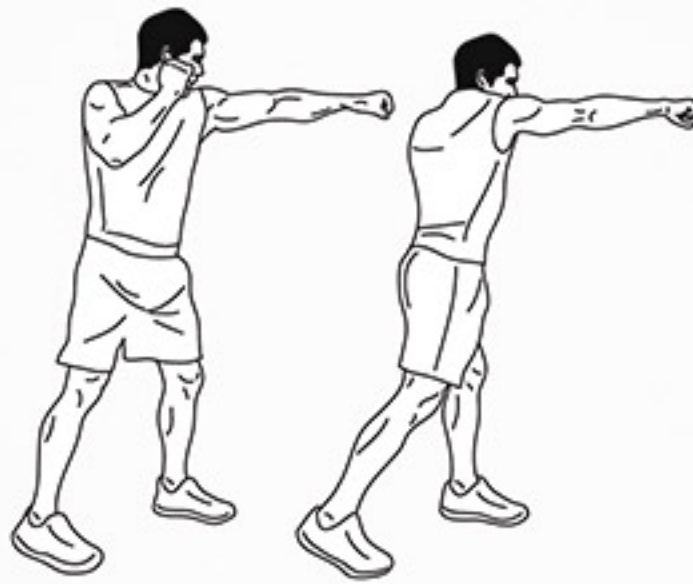
butterfly stretch

FIGHTER'S WARMUP

BY DAREBEE @ darebee.com 30 seconds each



bounce on the spot



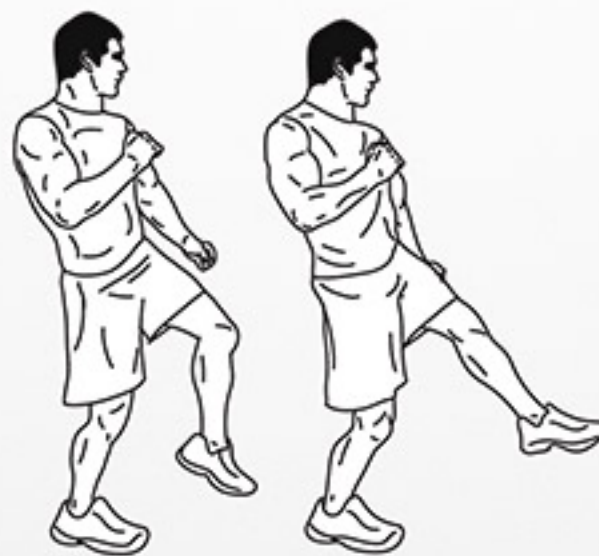
light punches



torso rotations



bounce on the spot



light low front kicks



light low turning kicks

THE FIGHTER

DAREBEE WORKOUT @ darebee.com

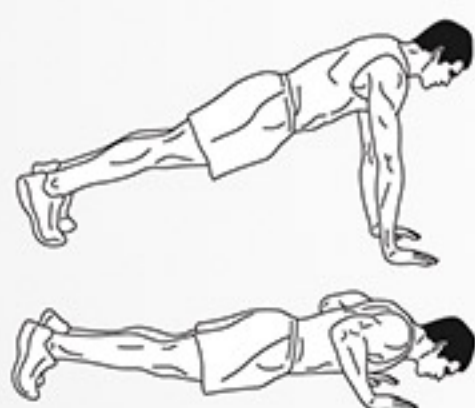
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



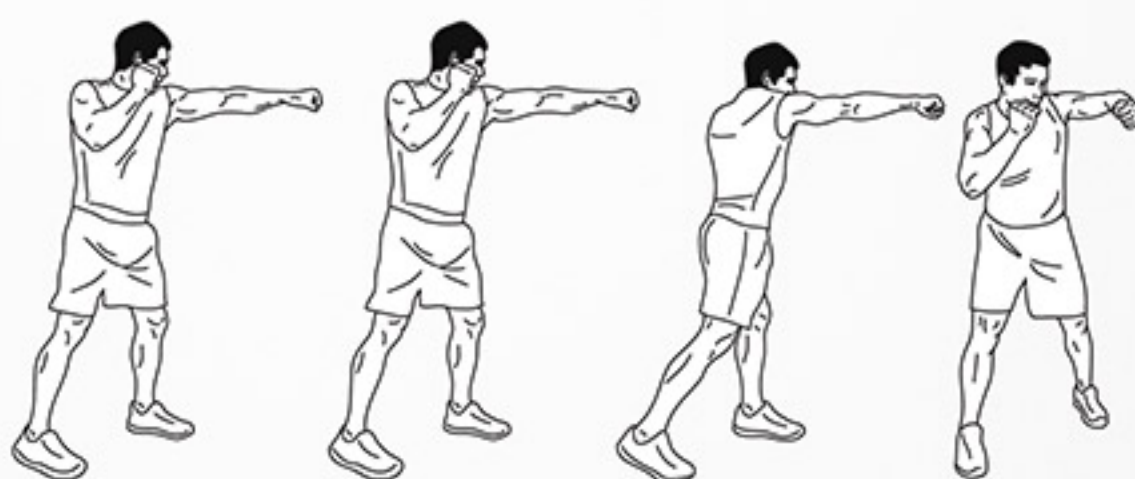
20 side kicks



20combos backfist + side kick



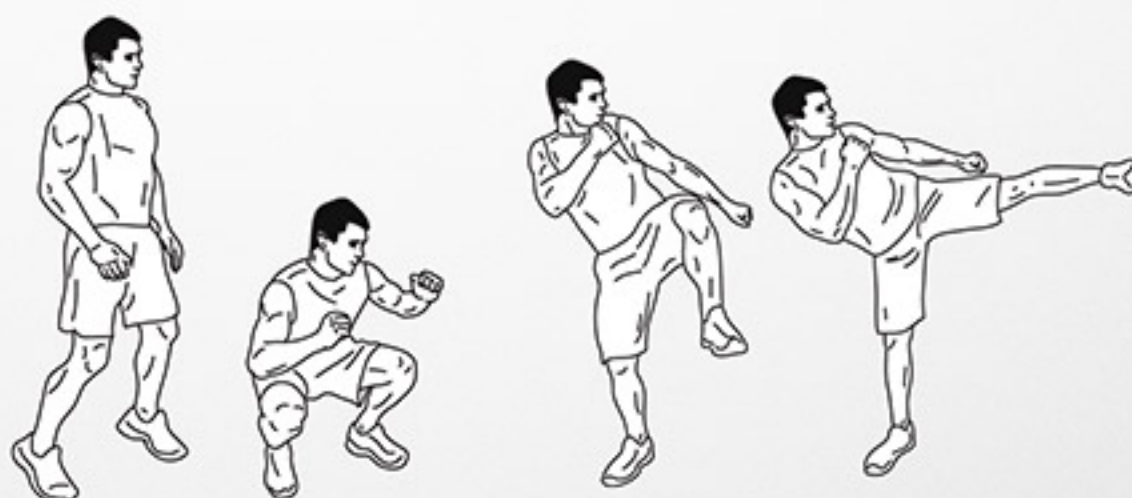
20 push-ups



20combos jab + jab + cross + hook



20 overhead punches

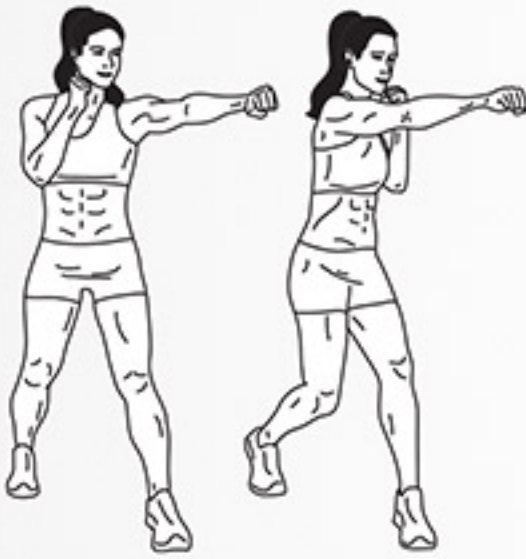


20combos bounce + bounce + squat + side kick

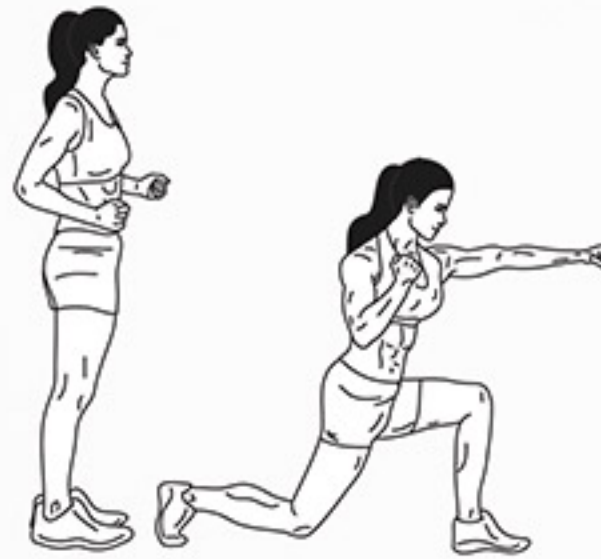
FIGHT LIKE A GIRL

DAREBEE WORKOUT @ darebee.com

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



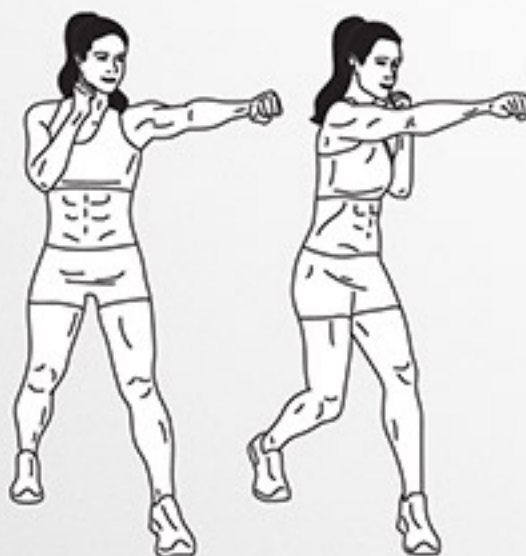
20 punches



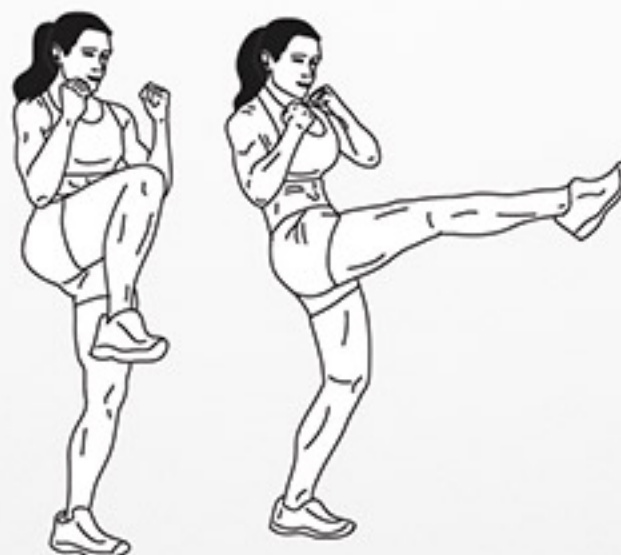
10 lunge punches



10 squat + side kick



20 punches



10 front kicks

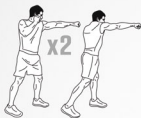


10 squat + front kick

FIGHT NIGHT

DAREBEE BOXING WORKOUT © darebee.com

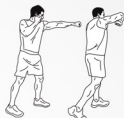
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST 2 minutes



20sec jab + jab + cross



20sec jab + lunge cross



20sec jab + hook



20sec jab + upper cut



20sec upper cut + upper cut



20sec hook + hook



20sec squat + hook



20sec squat + upper cut



20sec squat + cross

fight ready

DAREBEE
WORKOUT

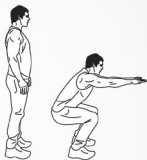
© darebee.com

repeat 5 times

1 minute rest in between



40 punches (jab + cross)



20 squats



20 low front kicks



40 side leg raises



40sec wall-sit

STREET FIGHTER

DAREBEE WORKOUT
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LEVEL I 3 sets

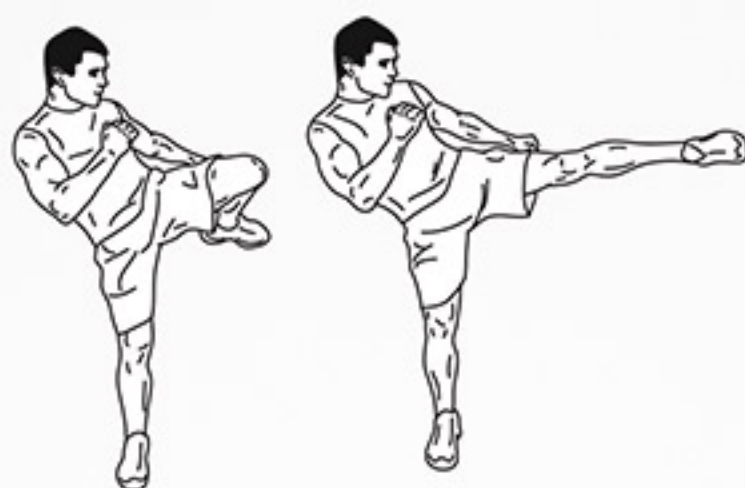
LEVEL II 5 sets

LEVEL III 7 sets

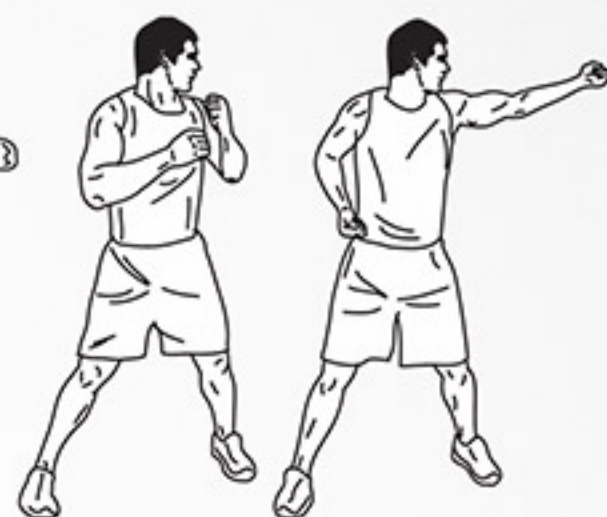
REST up to 2 minutes



20 high knees



20 turning kicks



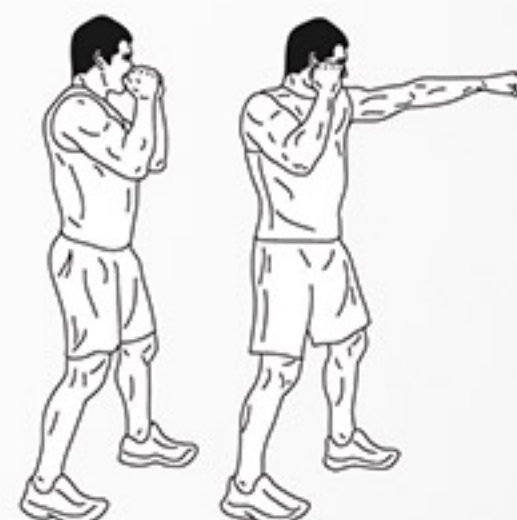
40 backfists



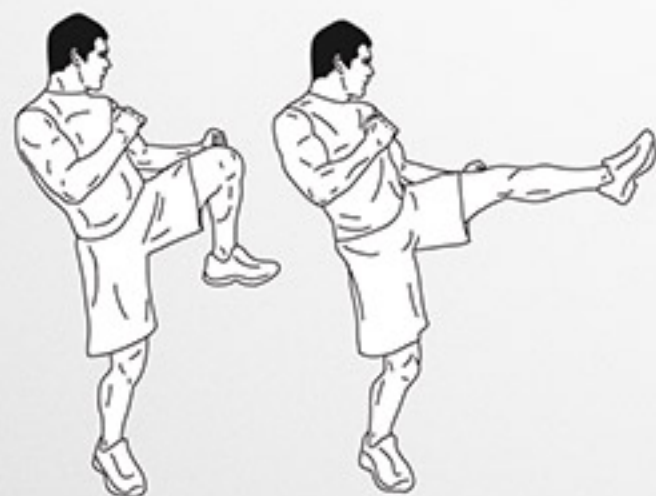
20 knee strikes



20 side kicks



40 punches



20 front snap kicks



20 punch + squat

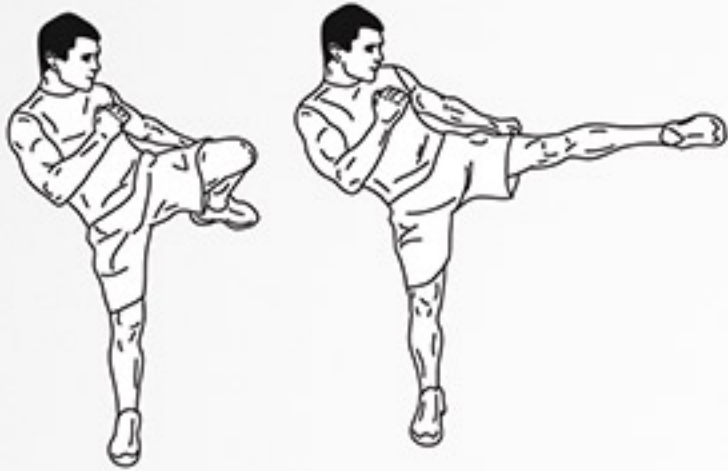


20 hook + uppercut

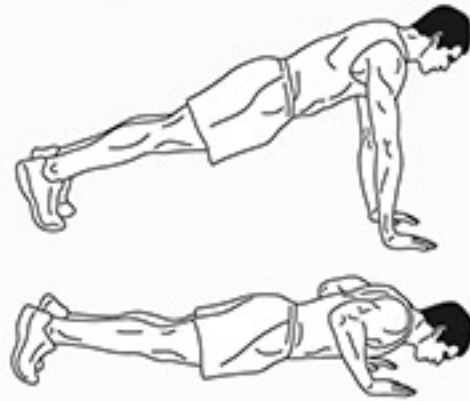
ULTIMATE FIGHTER

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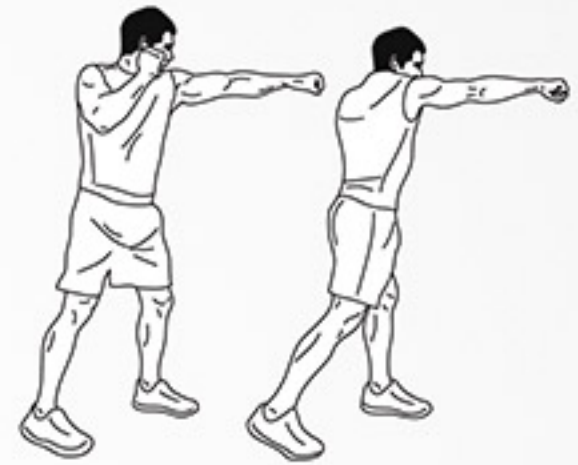
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 turning kicks



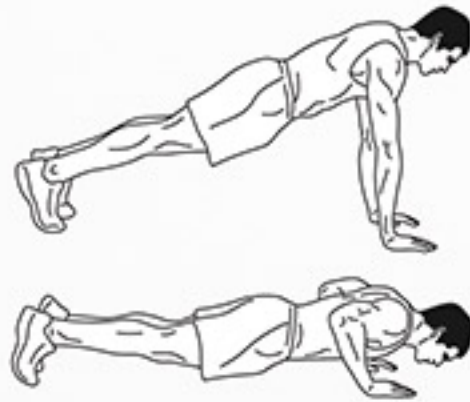
10 push-ups



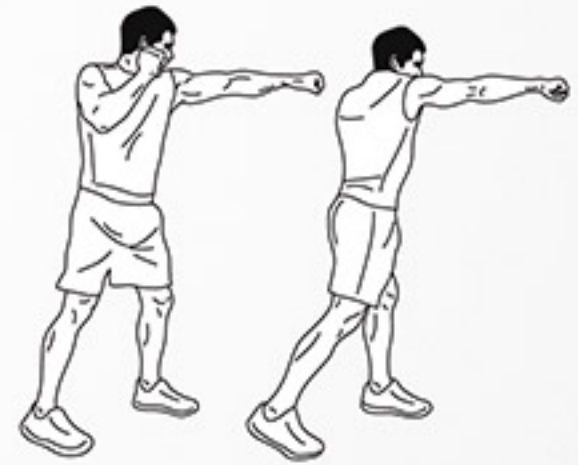
20 punches



20 squats



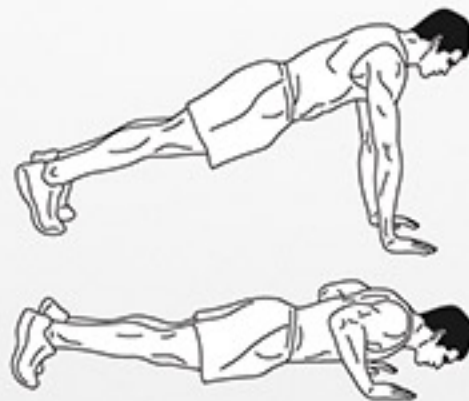
10 push-ups



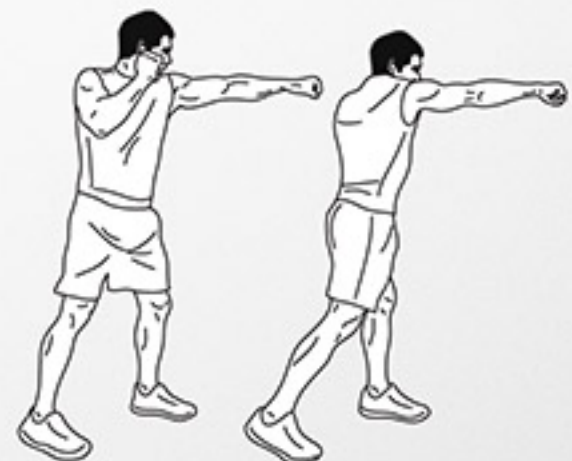
20 punches



20 side kicks



10 push-ups



20 punches