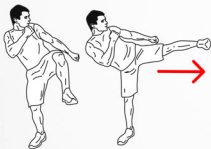


# 500 KICKS

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

turning, side and hook kicks | 500 kicks in total  
split into manageable sets

SIDE KICKS



TURNING KICKS



HOOK KICKS

