

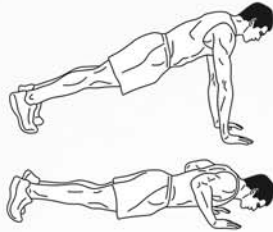
# BORN TO BE WILD

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

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



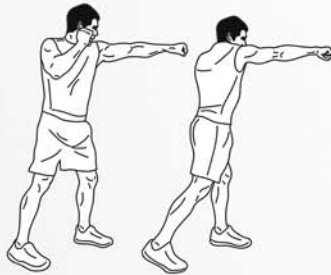
**20** side kicks



**20** push-ups



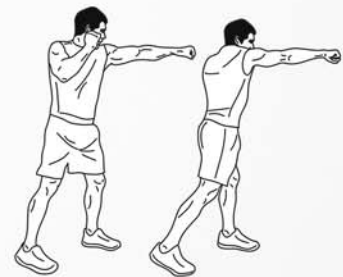
**20** side kicks



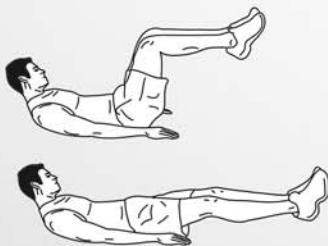
**20** punches



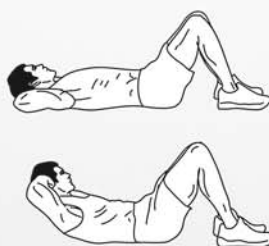
**20** squat hold punches



**20** punches



**20** crunch kicks



**20** crunches



**20** crunch kicks