

CAGE FIGHTER

DAREBEE WORKOUT @ darebee.com

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

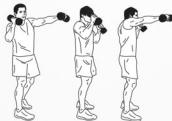
12 burpees



12 box jumps



24 overhead punches



24 punches (jab + cross)



24 renegade rows



12 back extensions