

Cardio Punch

DAREBEE WORKOUT

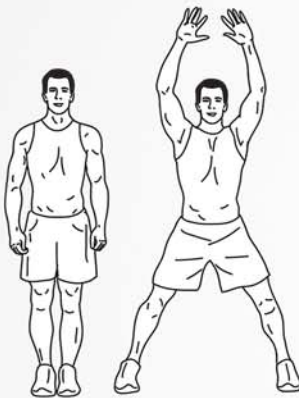
@ darebee.com

Level I 3 sets

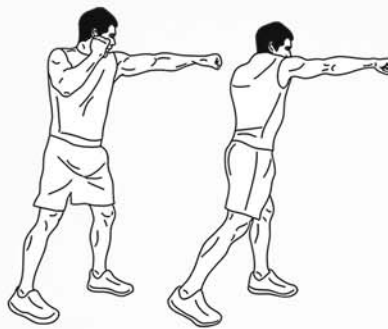
Level II 5 sets

Level III 7 sets

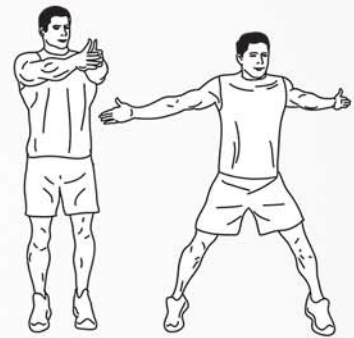
2 minutes rest



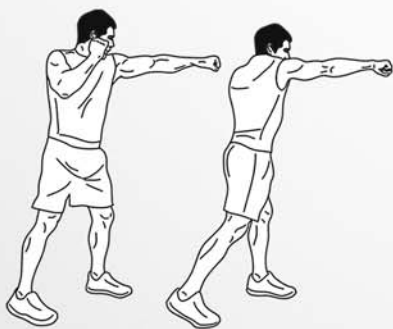
10 jumping jacks



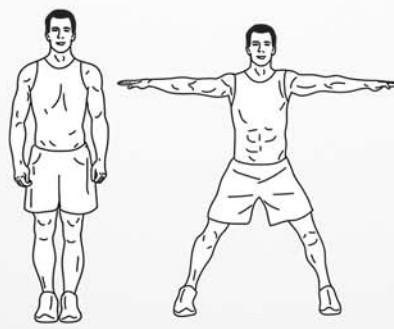
10 punches



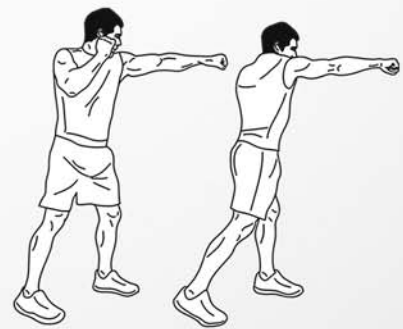
10 seal jacks



10 punches



10 jumping Ts



10 punches