

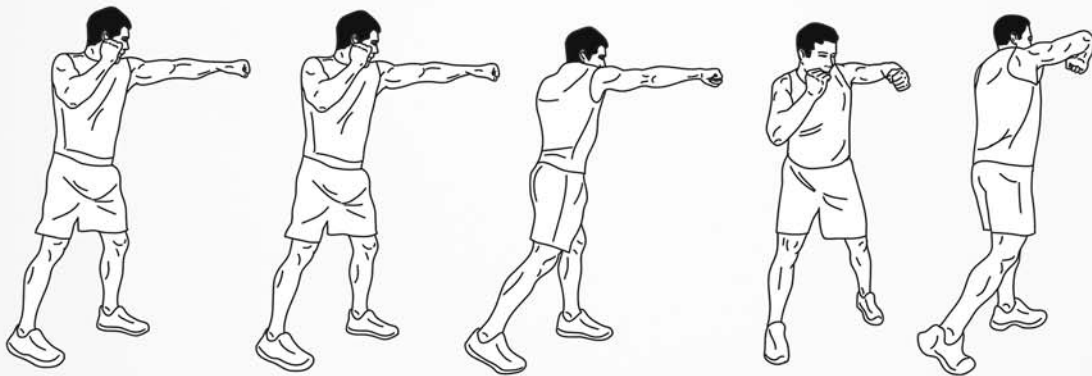
CHALLENGER

DAREBEE WORKOUT @ darebee.com

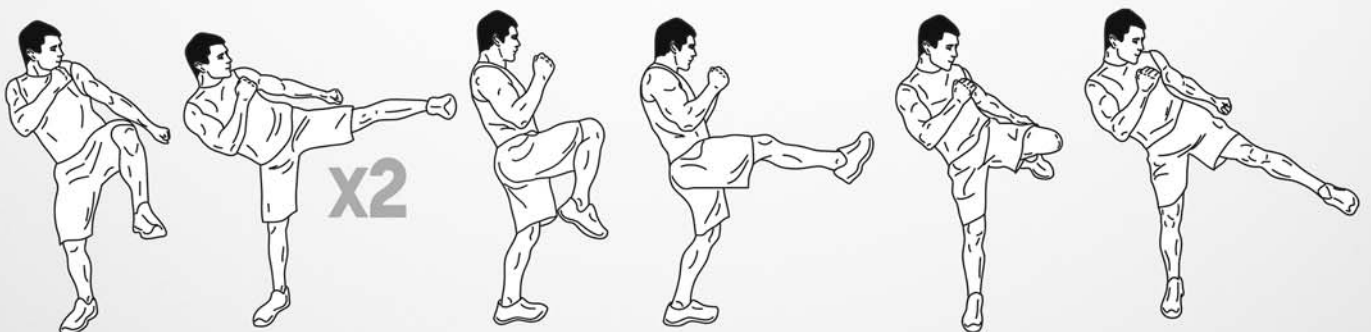
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



20combos shoulder taps (left + right) + push-ups



20combos jab + jab + cross + hook (left) + hook (right)



20combos double side kick + front kick + step back + turning kick