

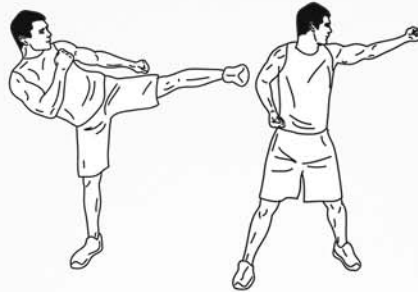
THE CLASH

DAREBEE WORKOUT @ darebee.com

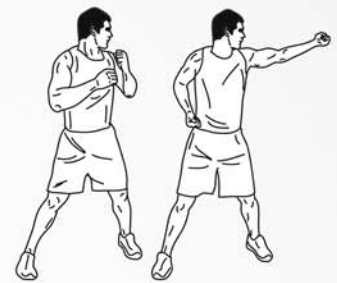
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



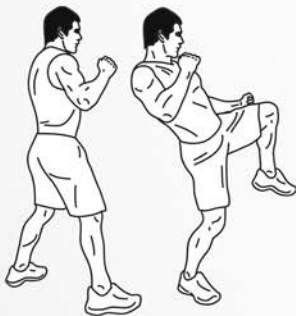
20 side kicks



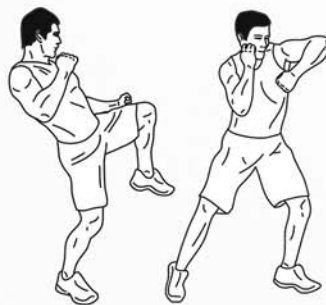
20 side kick + backfist



20 backfists



20 knee strikes



20 knee strike + elbow strike



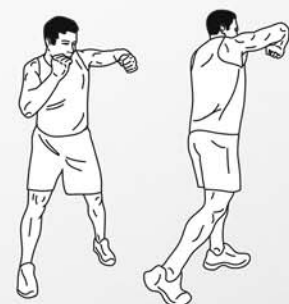
20 upward elbow strikes



20 squats



20 squat + hook



20 hooks