

CLOSE CONTACT

DAREBEE WORKOUT © darebee.com

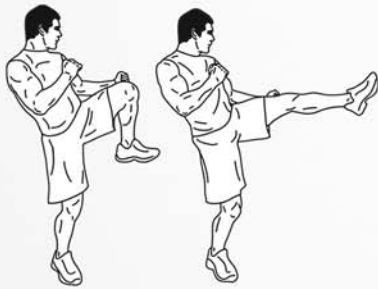
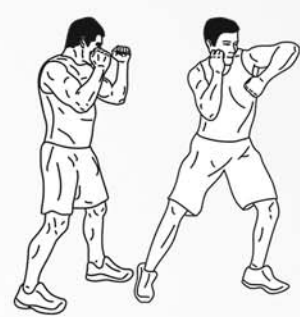
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



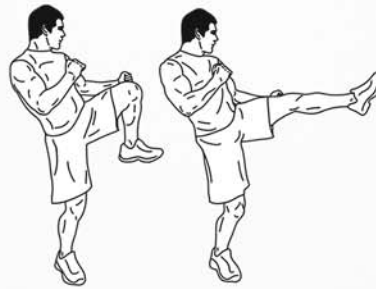
20 knee strikes



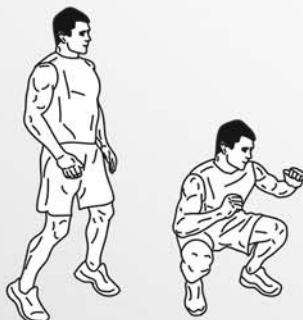
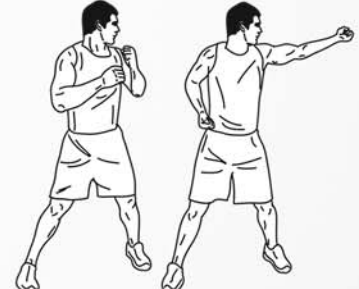
20combo knee strike + elbow strike



20 front kicks



20combos front kick + backfist



20combos bounce + squat + back leg low turning kick + palm strike

