

# CORRUPTED

DAREBEE WORKOUT @ [darebee.com](http://darebee.com)

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



20 side kicks



4 side-to-side lunges



20 side kicks



4 side-to-side lunges



20 hook kicks



4 side-to-side lunges



20 punches