

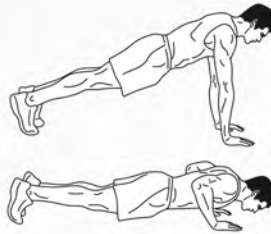
Crushing it!

DAREBEE WORKOUT @ darebee.com

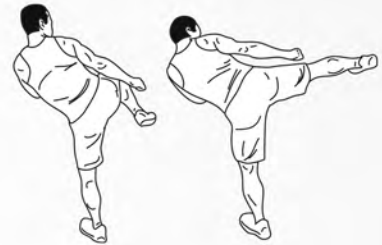
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



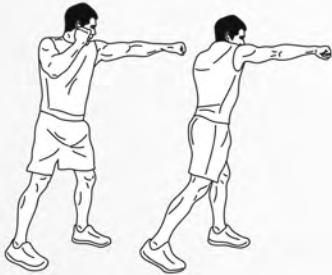
10 side kicks (left)



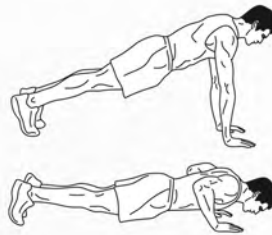
5 push-ups



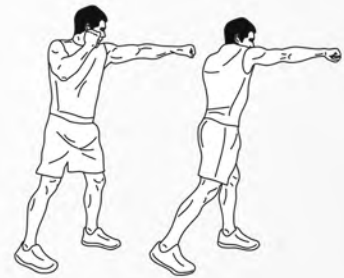
10 side kicks (right)



20 punches



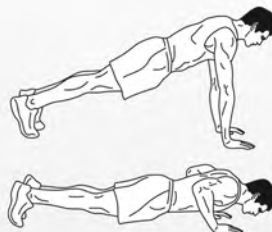
5 push-ups



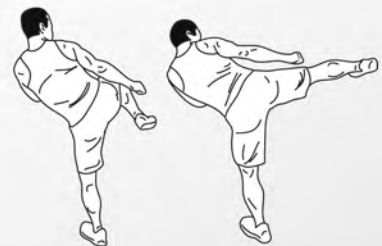
20 punches



10 side kicks (left)



5 push-ups



10 side kicks (right)