

DAREBEE WORKOUT

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LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

REST up to 2 minutes

DAMAGE DEALER



20 shoulder taps



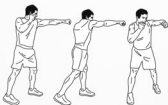
max push-ups



20 plank punches



20 jab + cross



20 jab + cross + hook



20 uppercuts



20 sitting punches