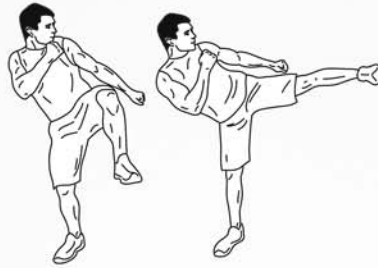
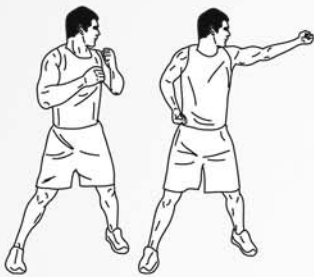


echo

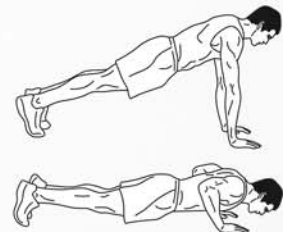
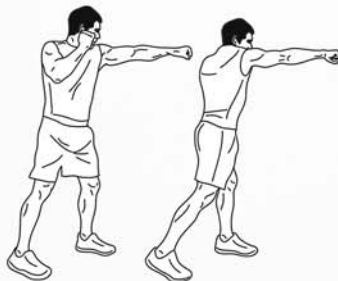
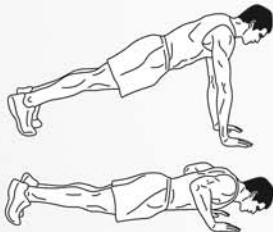
DAREBEE WORKOUT @ darebee.com

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



20 combos backfist + side kick

20 backfists



10 combos push-up + jab + cross

10 push-ups



20 combos squat + side kick

20 squats