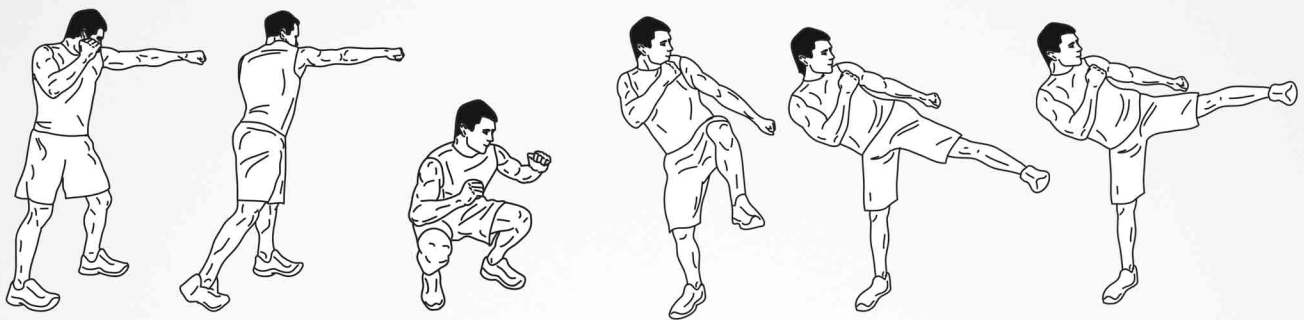


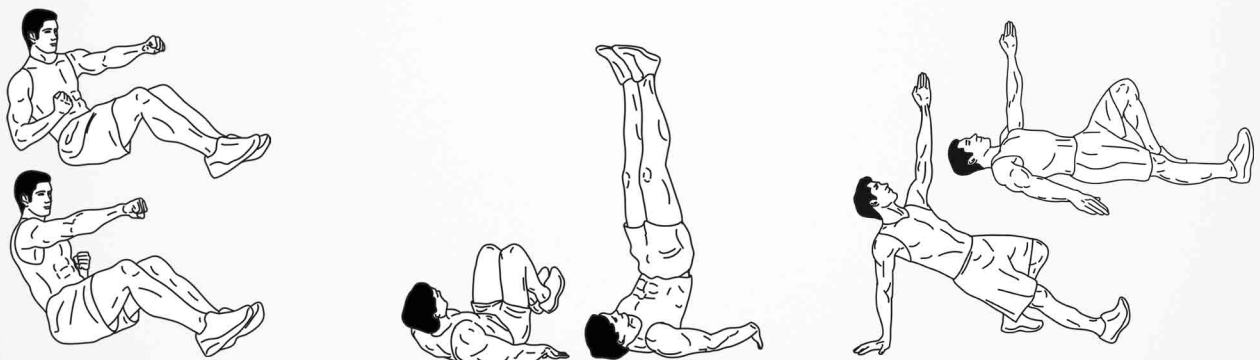
ENFORCER

DAREBEE WORKOUT @ darebee.com

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

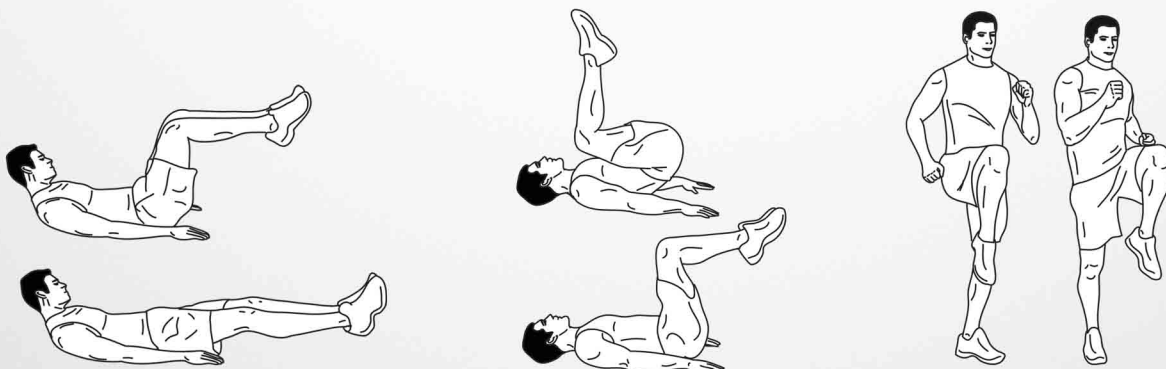


20 combos jab + cross + squat + double side kick (low / mid height)



20 combo sit-up + jab + cross + butt-up

20 get-ups



20 combos crunch kick + reverse crunch

20 fast high knees