

EYE OF THE TIGER

DAREBEE WORKOUT

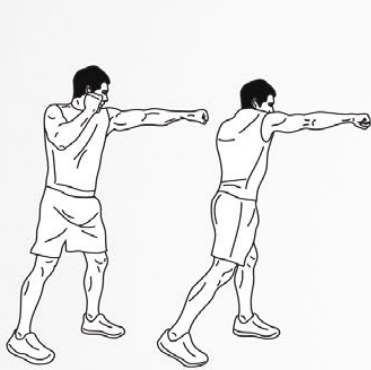
@ darebee.com

LEVEL I 3 sets

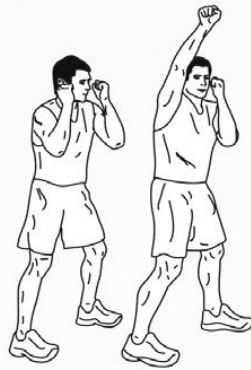
LEVEL II 5 sets

LEVEL III 7 sets

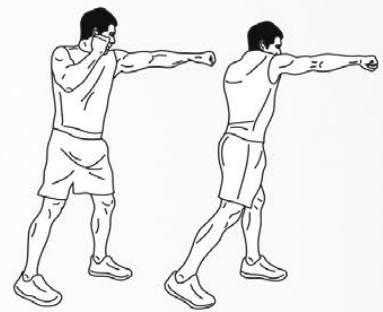
REST up to 2 minutes



20 punches



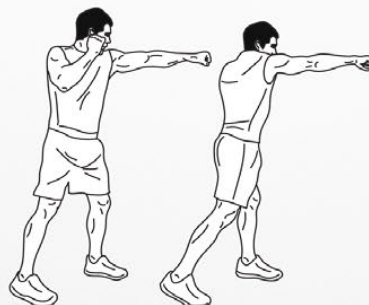
20 overhead punches



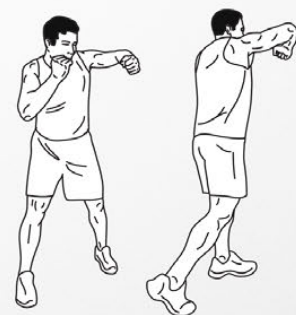
20 punches



20 uppercuts



20 punches



20 hooks