

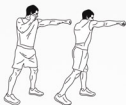
# Fight Back

DAREBEE WORKOUT @ [darebee.com](http://darebee.com)

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



10 side kicks



20 punches



10 side kicks



10 knee strikes



20 punches



10 knee strikes



10 squat hold punches



20 punches



10 squat hold punches