

FIGHT LIKE A GIRL

DAREBEE WORKOUT @ darebee.com

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



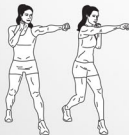
20 punches



10 lunge punches



10 squat + side kick



20 punches



10 front kicks



10 squat + front kick