

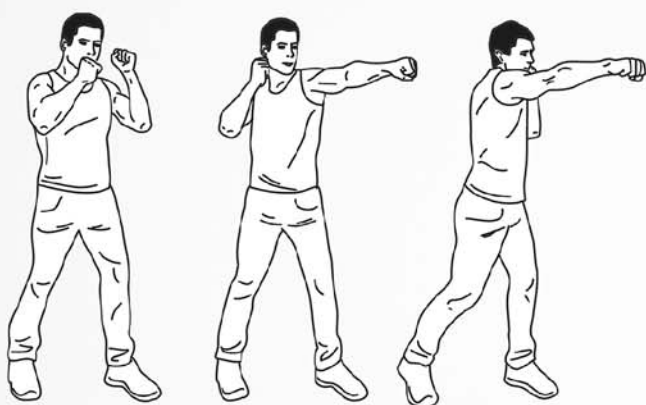
fight *ready*

DAREBEE
WORKOUT

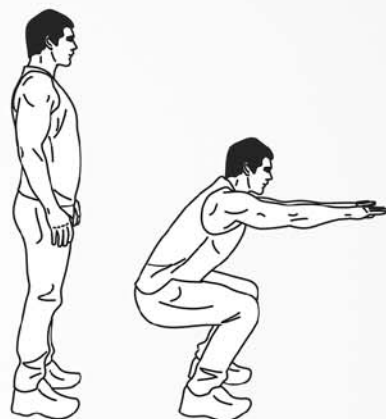
@ darebee.com

repeat 5 times

1 minute rest in between



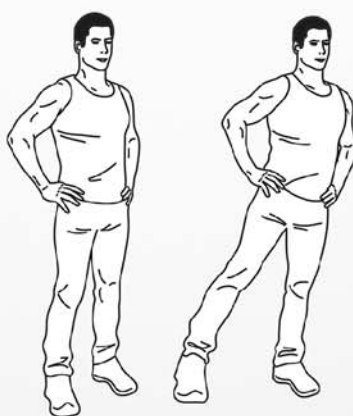
40 punches (jab + cross)



20 squats



20 low front kicks



40 side leg raises



40sec wall-sit