

# THE FIGHTER

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

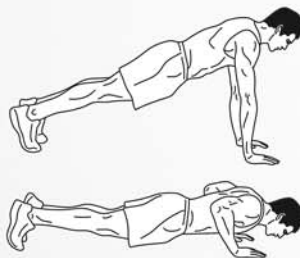
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



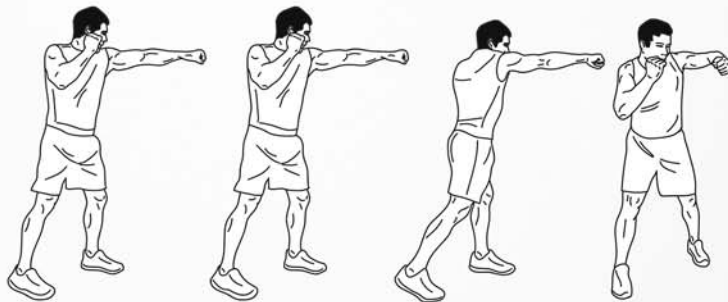
**20** side kicks



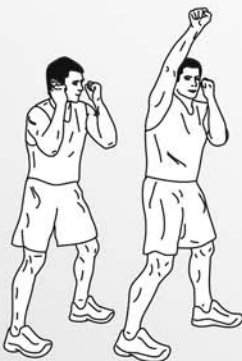
**20combos** backfist + side kick



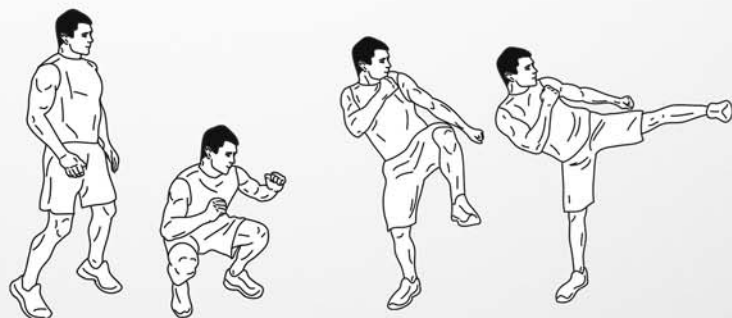
**20** push-ups



**20combos** jab + jab + cross + hook



**20** overhead punches



**20combos** bounce + bounce + squat + side kick