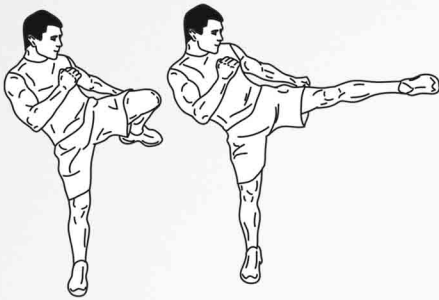


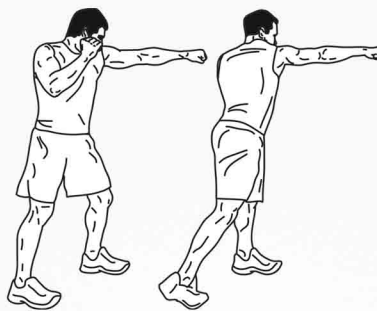
FIST OF LEGEND

DAREBEE WORKOUT @ darebee.com

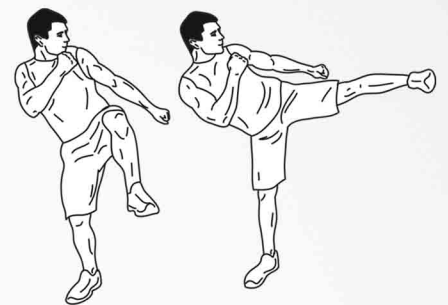
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



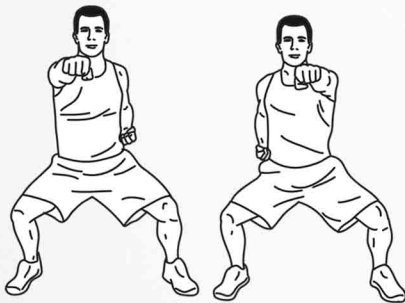
40 turning kicks



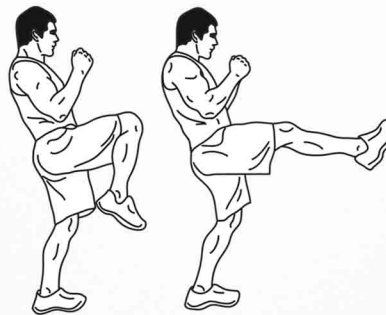
40 jab + cross



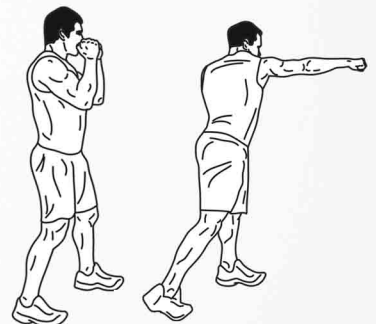
40 side kicks



60 squat hold punches



20 combos front snap kick + cross (same leg & arm)



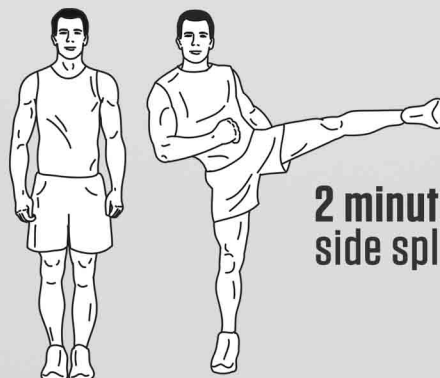
finish

side leg raises

LEVEL I 60 reps

LEVEL II 80 reps

LEVEL III 100 reps



2 minute
side splits

