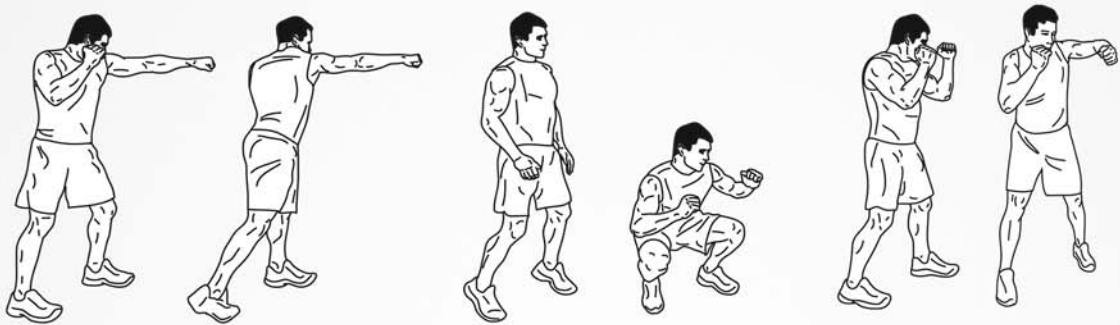


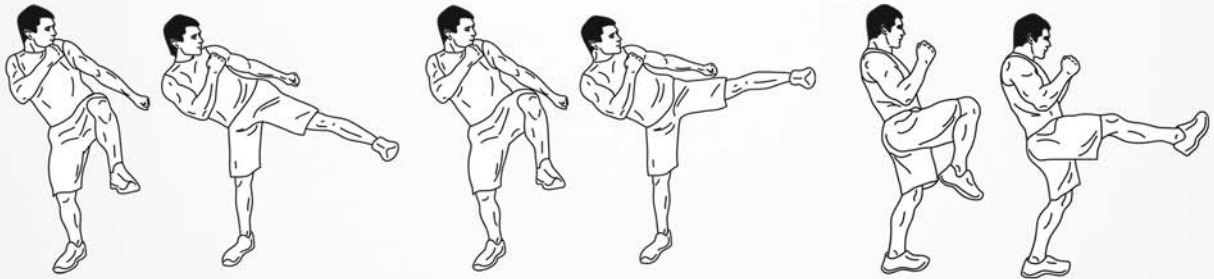
Flash Point

DAREBEE WORKOUT @ darebee.com

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

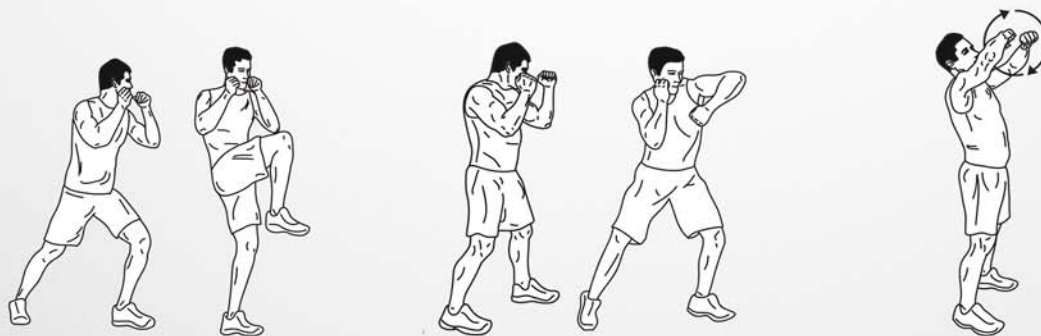


20combos jab + cross + squat + hook



20 double side kicks / low and high

20 front kicks



20combos knee strike + elbow strike

20 speed bag punches