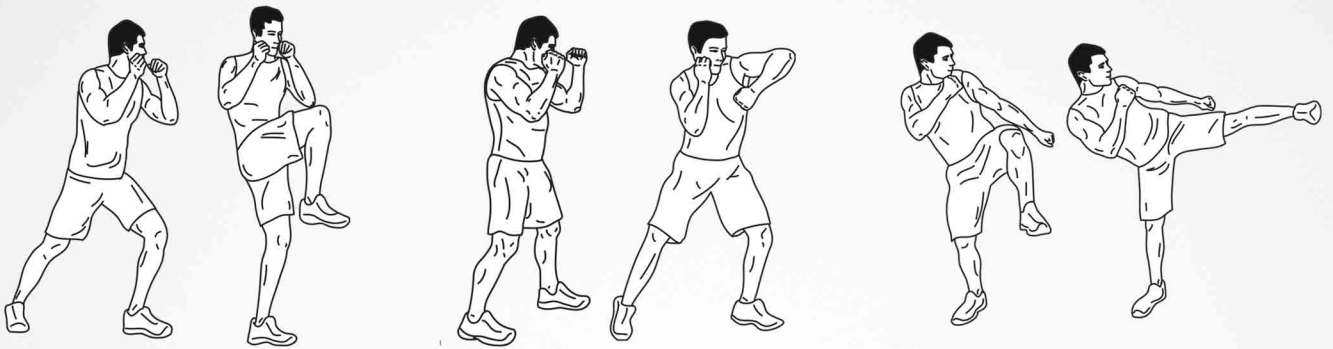


FREE ROAM

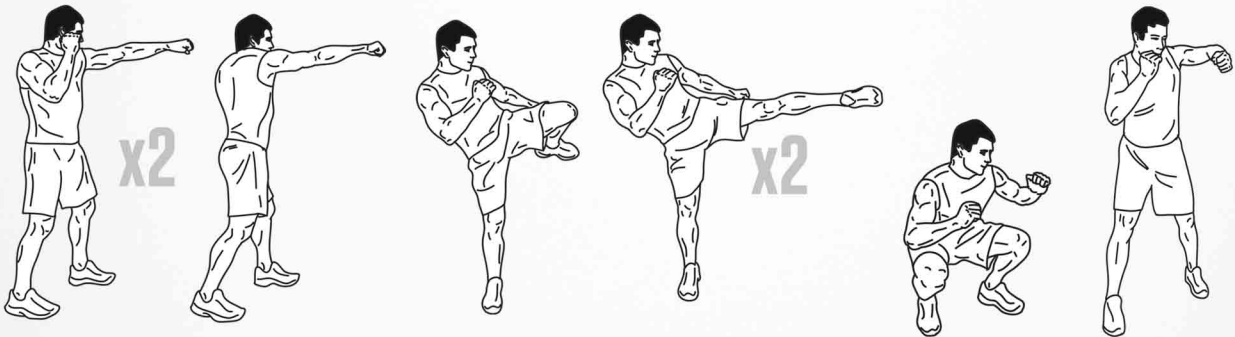
DAREBEE WORKOUT @ darebee.com

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



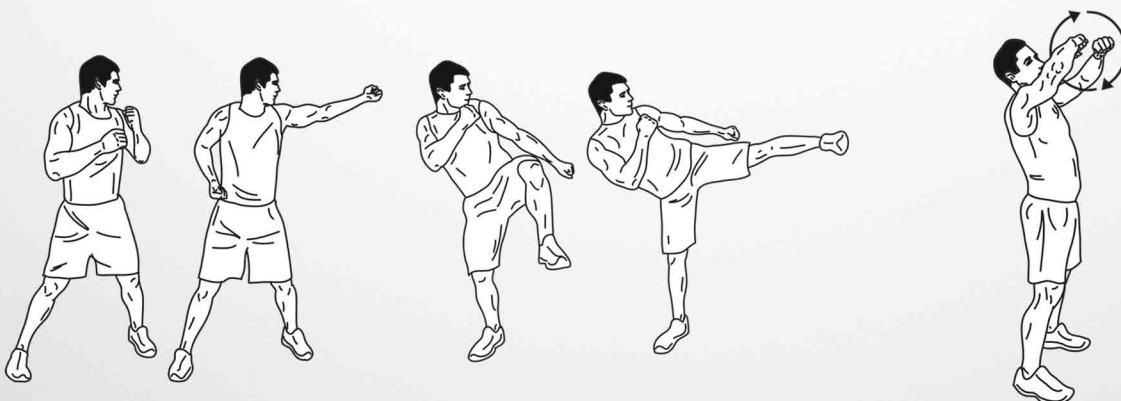
20combo knee strike + elbow strike

40 side kicks



20combos jab + jab + cross + double turning kick

40combos squat + hook



20combos backfist + side kick

40 speed bag punches