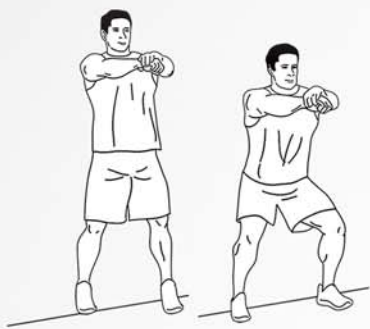


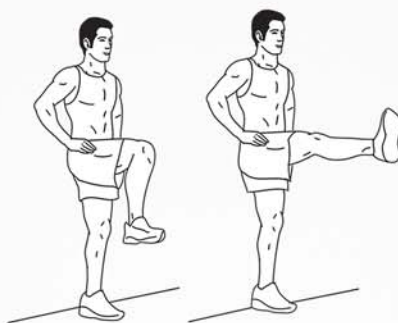
# GUARDSMAN

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

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



8 wall half squats



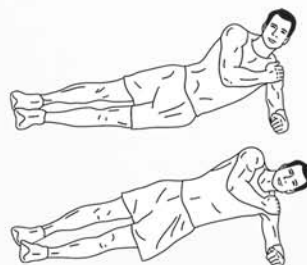
20 slow front kicks



8 calf raises



4 knee push-ups



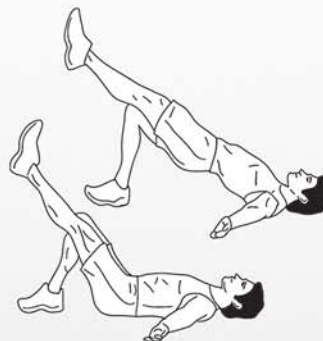
8 side plank raises



8 flutter kicks



8 lowering drills



8 single leg bridges



8 raised leg circles