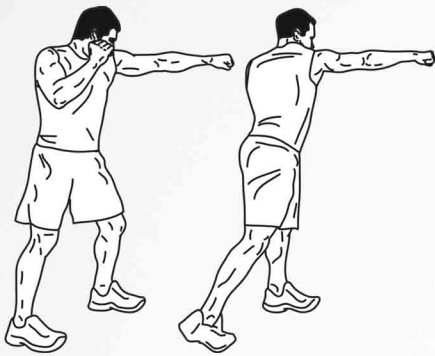


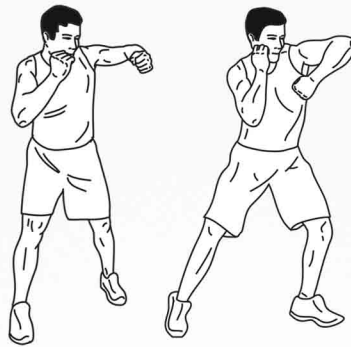
KICKBOXER

DAREBEE WORKOUT @ darebee.com

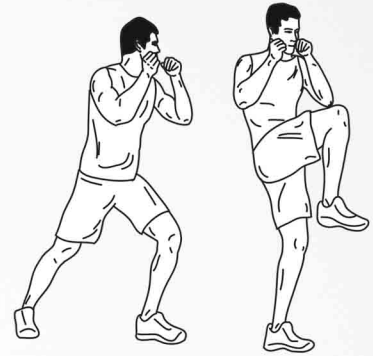
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



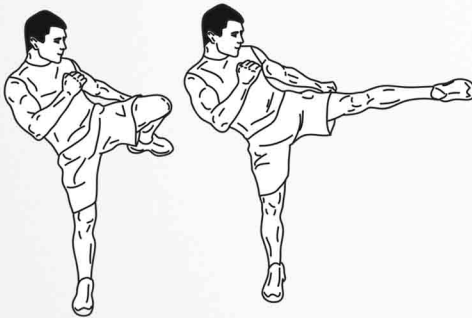
100 jab + cross



40 hook + elbow strike



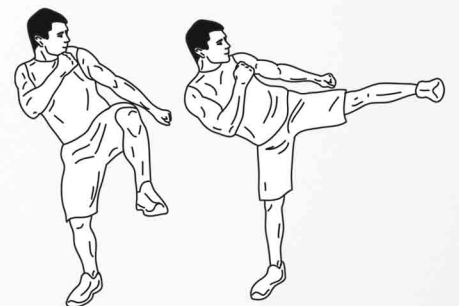
20 knee strikes



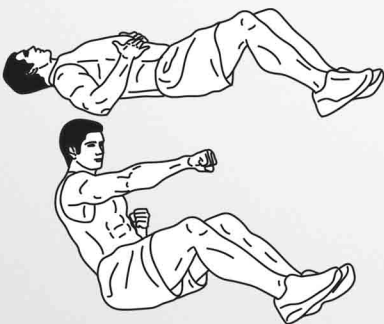
40 turning kicks



20 hook kicks



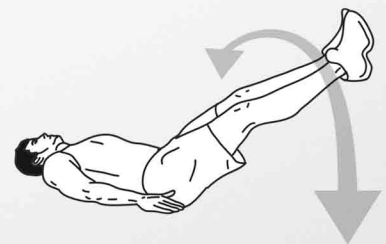
40 side kicks



10 sit-up punches



10 sitting punches



10 side-to-side leg raises