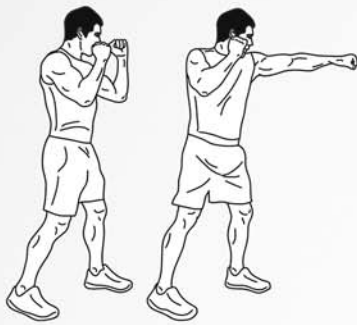


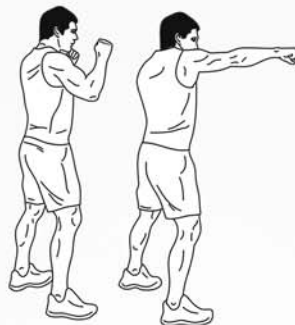
# THE LEGEND

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

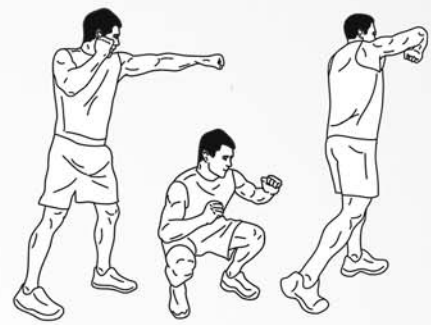
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



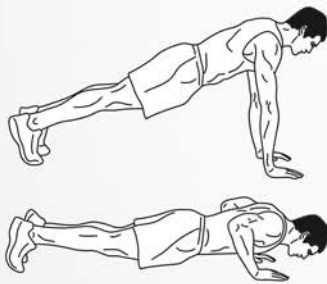
60 jabs (left hand)



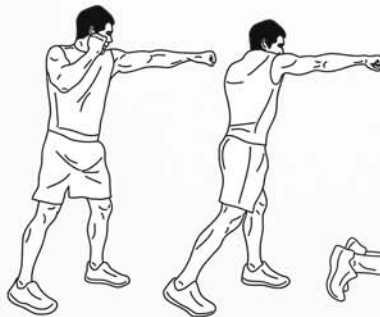
60 jabs (right hand)



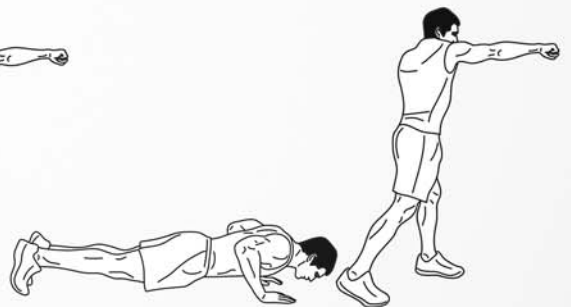
20 jab + squat + hook



10 push-ups



60 jab + cross



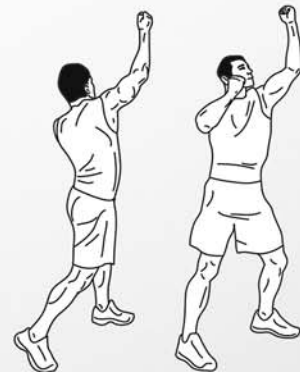
10 push-up + jab + cross



20 squat hold punches



20 hooks



20 uppercuts