

NO MERCY

DAREBEE WORKOUT @ darebee.com

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



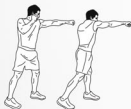
10 turning kicks



20 backfists



10 turning kicks



20 punches



10 turning kicks



20 punches



20 squat hold punches