

ONE PUNCH

DAREBEE TRIBUTE WORKOUT @ darebee.com

10 sets or as many as you can do | up to 2 minutes rest between sets



10 high knees



5 squats



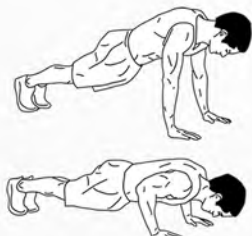
10 high knees



5 squats



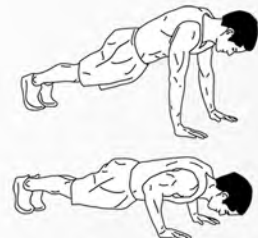
10 high knees



5 push-ups



10 high knees



5 push-ups



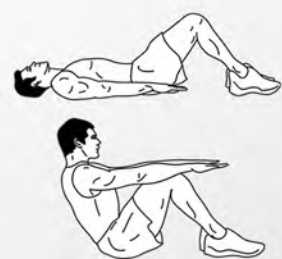
10 high knees



5 sit-ups



10 high knees



5 sit-ups