

# ONNA BUGEISHA

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

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



**30** knee strikes



**30combos** knee strike + elbow strike



**30** punches (jab + cross)



**30combos** push-up+ jab + cross



**30** front kicks



**30combos** squat + front kick

