

OUTLAW

DAREBEE WORKOUT @ darebee.com

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



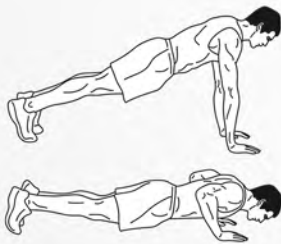
15 squats



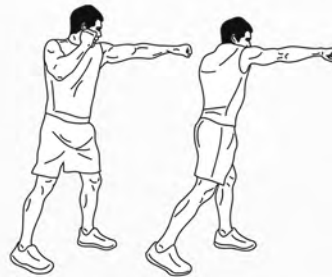
30 knee strikes



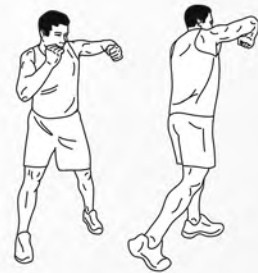
30 side kicks



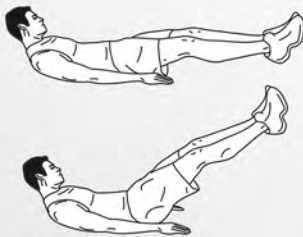
15 push-ups



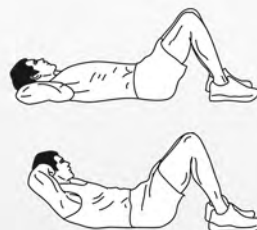
30 punches



30 hooks



15 leg raises



30 crunches



30 sitting twists