

MURDER KATIE

DAREBEE WORKOUT @ darebee.com

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

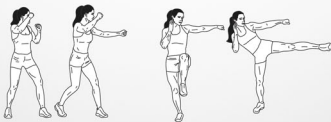


20combos side kick + hook kick



20 jab + cross

20 double turning kicks



20combos back fist + side kick