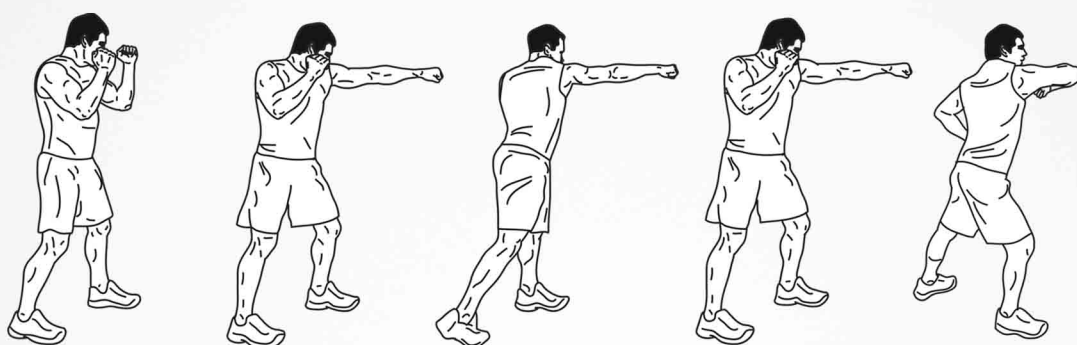


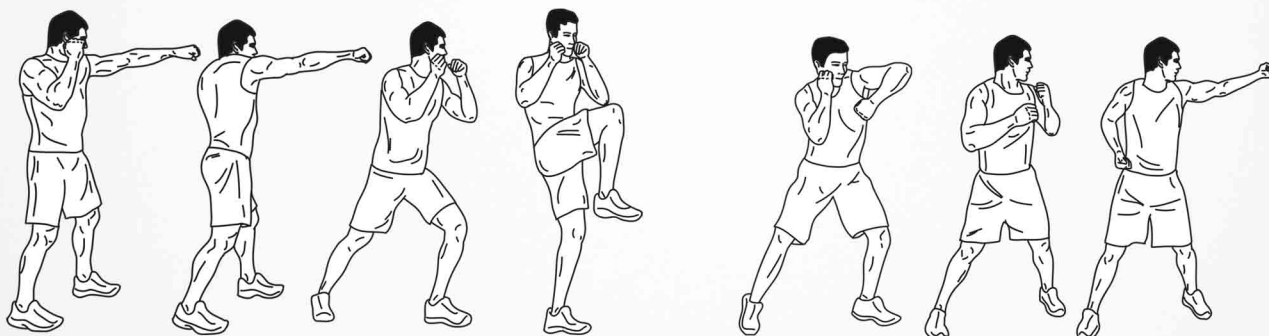
# RAID

DAREBEE WORKOUT @ [darebee.com](https://darebee.com)

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

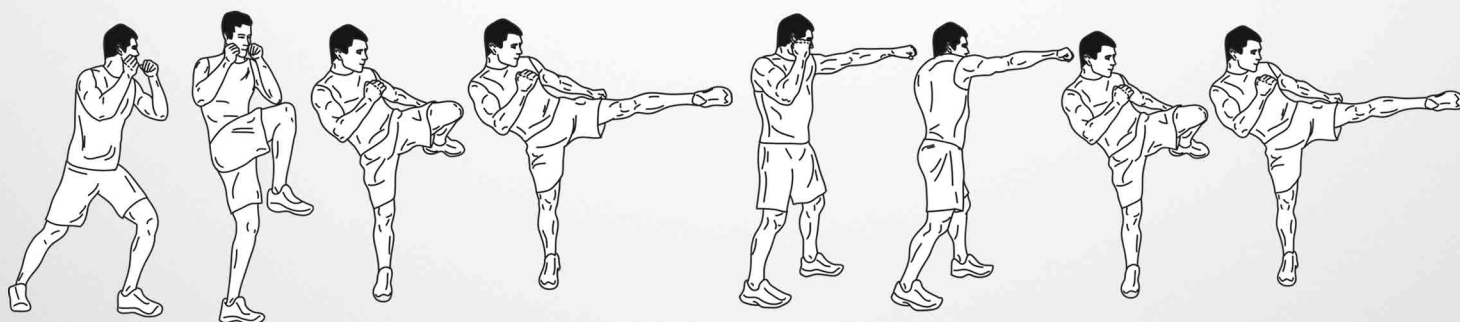


**20combos** jab + cross + jab + elbow strike



**20combos** jab + cross + knee strike

**20combos** elbow strike + backfist



**20combos** knee strike + turning kick

**20combos** jab + cross + turning kick