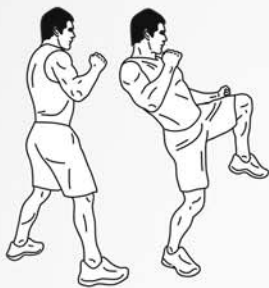


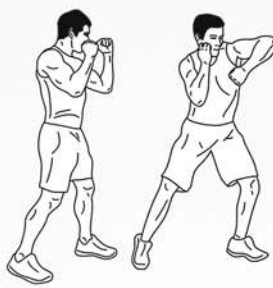
THE REZ

DAREBEE WORKOUT @ darebee.com

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



20 knee strikes (left)



20 elbow strikes



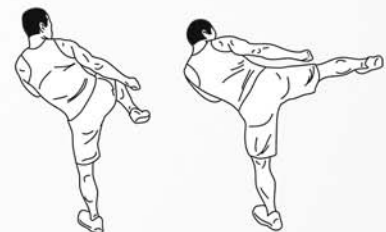
20 knee strikes (right)



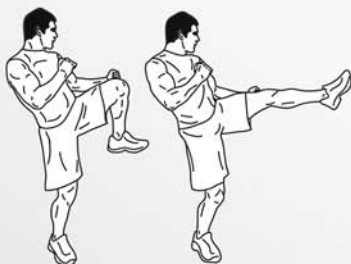
20 side kicks (left)



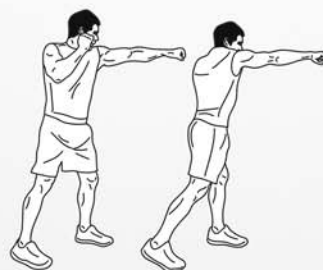
20 backfists



20 side kicks (right)



20 front kicks (left)



20 punches



20 front kicks (right)