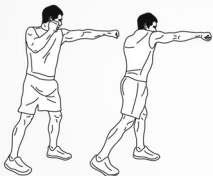


ROWDY

DAREBEE WORKOUT @ darebee.com

5 sets | 2 minutes rest between sets



20 punches

10 side kicks

20 punches

10 side kicks

20 punches

10 side kicks



20 punches

10 side kicks

20 punches

10 side kicks