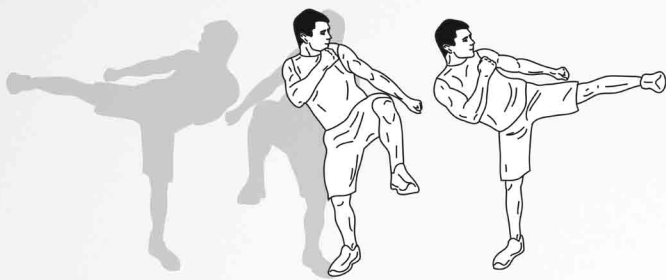


SIDE KICKS **PRACTICE**

DAREBEE WORKOUT @ darebee.com

LEVEL I 60 reps **LEVEL II** 80 reps **LEVEL III** 100 reps each
rest between each set up to 60 seconds



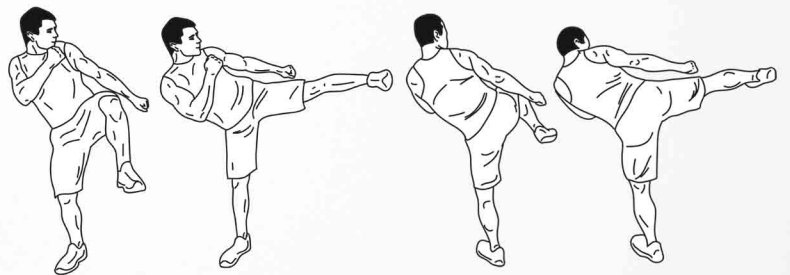
1. side-to-side / single kick



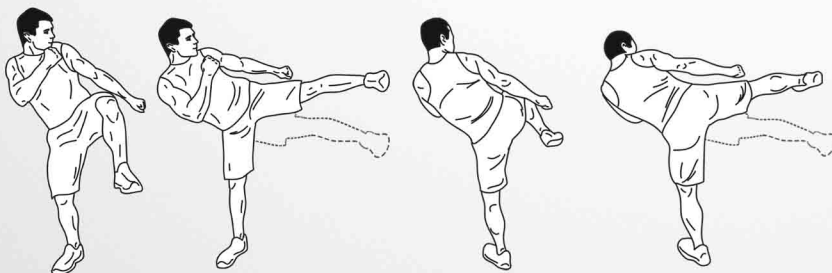
2. side-to-side double kick / low and mid height



3. forward single kicks
half of all the reps same side then change



4. forward single kicks
bounce & change side every time



5. forward double kicks / low and mid height
bounce & change side every kick



10 push-ups
Level I-II after each set
Level III after every 50 kicks