

Skybreaker

DAREBEE WORKOUT @ darebee.com

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



20 side kicks



20 overhead punches



20 side kicks



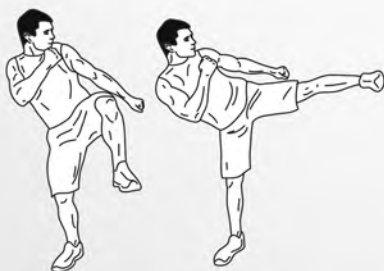
20 overhead punches



20 backfists



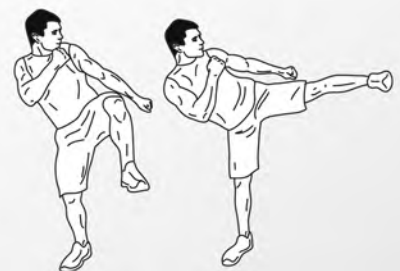
20 overhead punches



20 side kicks



20 overhead punches



20 side kicks