

TARNISHED

DAREBEE WORKOUT @ darebee.com

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



10 side-to-side hops



10 lunges



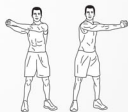
10 side lunges



20 punches



20 backfists



20 side chops



10-count squat hold