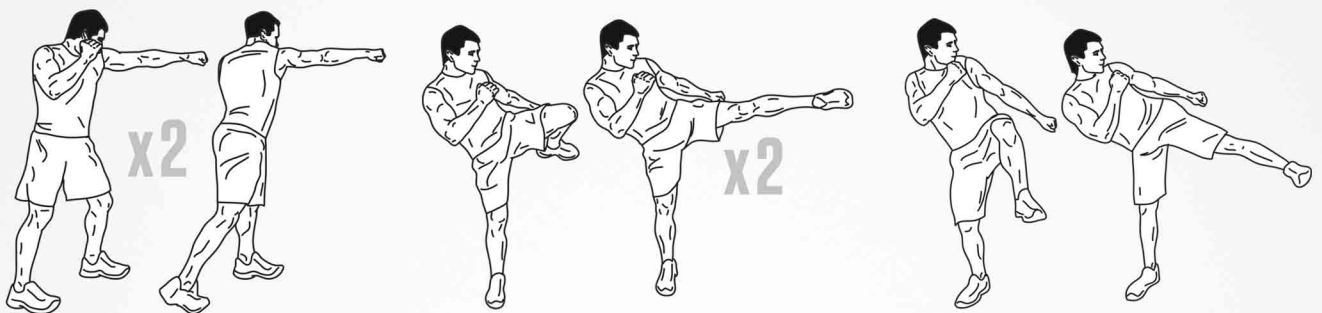


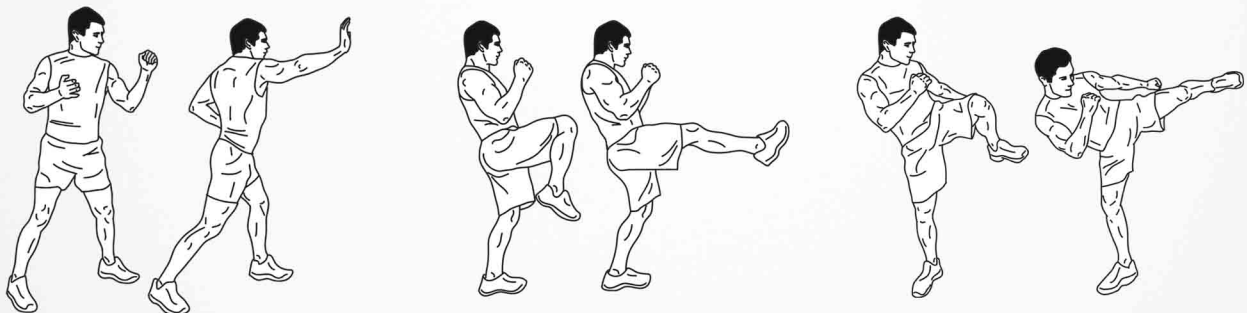
HEAR MY WARSONG

DAREBEE WORKOUT @ darebee.com

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

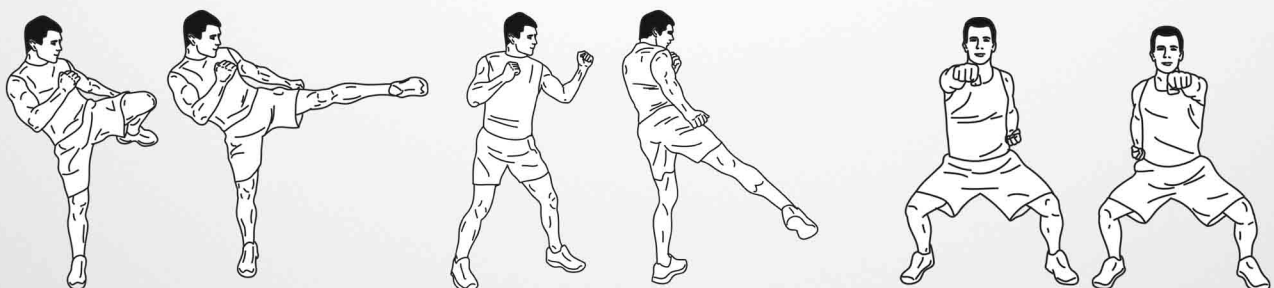


40combos jab + jab + cross + double turning kicks **40** double low side kicks



40combos palm strike + front snap kick

40 hook kicks



40combos turning kick + back leg low turning kick

40 squat hold punches