

WHISPER

DAREBEE WORKOUT @ darebee.com

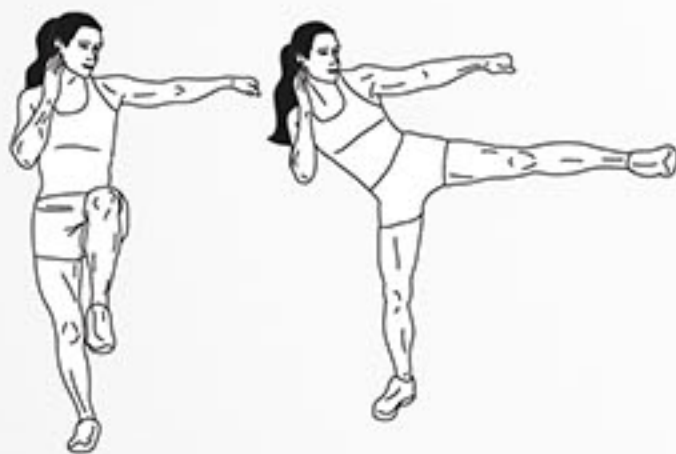
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



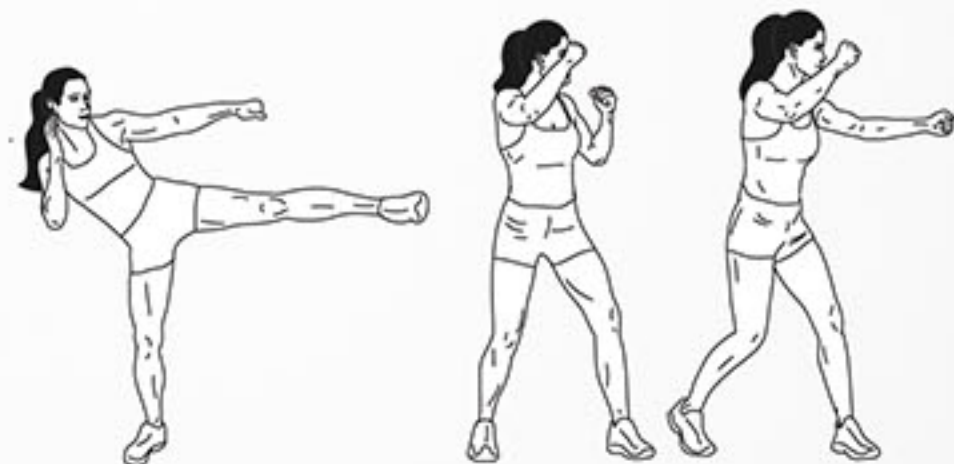
20 knee strikes



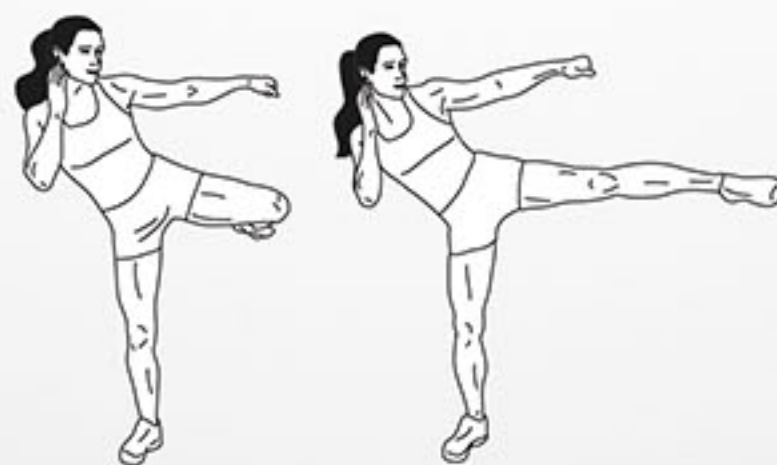
20combo knee strike + elbow strike



20 side kicks



20combo side kick + backfists



20 double turning kicks