

# WILD CARD

DAREBEE WORKOUT @ [darebee.com](http://darebee.com)

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



10 knee strikes



10 punches



10 knee strikes



10 punches



10 lunge punches



10 punches



10 front kicks



10 punches



10 front kicks