

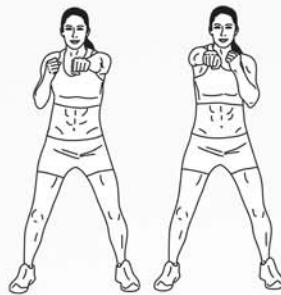
WILD CARD

DAREBEE WORKOUT @ darebee.com

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



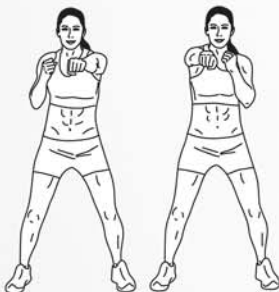
10 knee strikes



10 punches



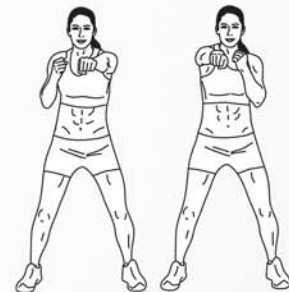
10 knee strikes



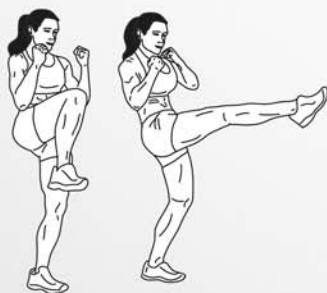
10 punches



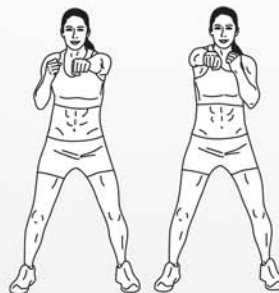
10 lunge punches



10 punches



10 front kicks



10 punches



10 front kicks