

Setting Goals

WORKOUT
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Level I 3 sets

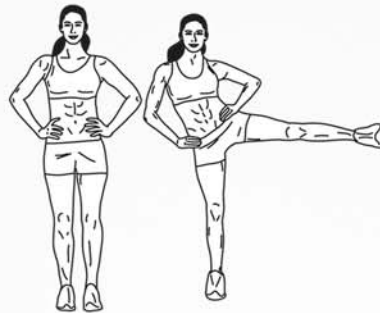
Level II 5 sets

Level III 7 sets

2 minutes rest



4 lunges



20 side leg raises



20 punches



4 lunges



4 knee-to-elbows



20 punches



4 lunges



20 back leg raises



20 punches