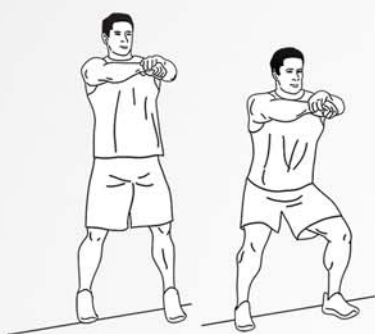


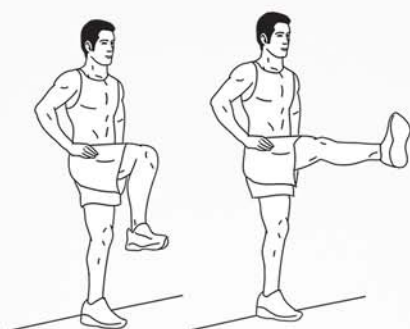
GUARDSMAN

DAREBEE WORKOUT @ darebee.com

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



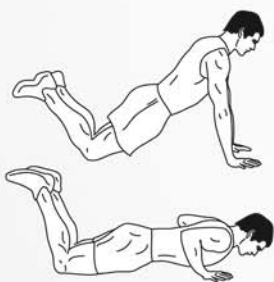
8 wall half squats



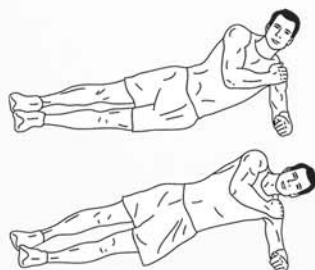
20 slow front kicks



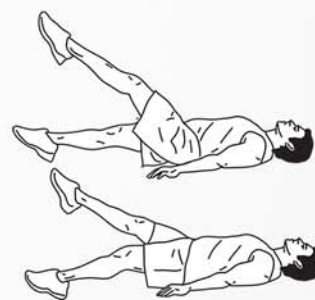
8 calf raises



4 knee push-ups



8 side plank raises



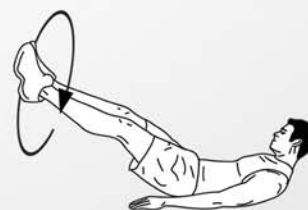
8 flutter kicks



8 lowering drills



8 single leg bridges



8 raised leg circles