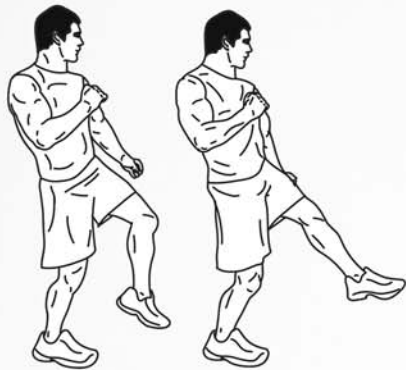


# COMBAT

**LIGHT**

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

5 sets | 2 minutes rest between sets



**10** low front kicks

**10** low turning kicks

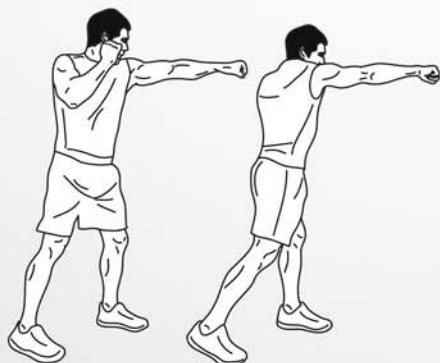


**20** punches

**10** low front kicks

**10** low turning kicks

**20** punches



**10** low front kicks

**10** low turning kicks

**20** punches