

THE FINAL FORM

DAREBEE WORKOUT

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LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

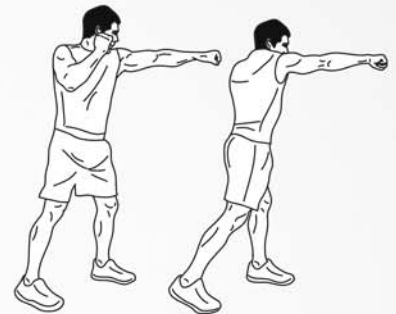
REST up to 2 minutes



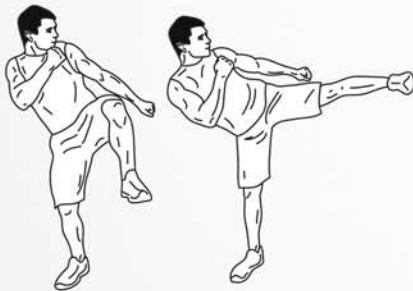
20 side kicks



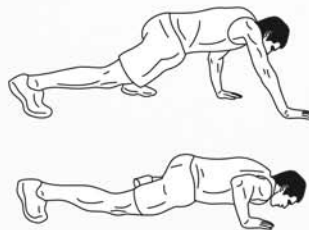
6 side crunch push-ups



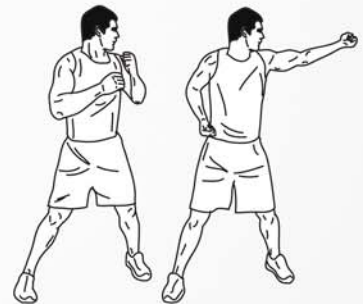
20 punches



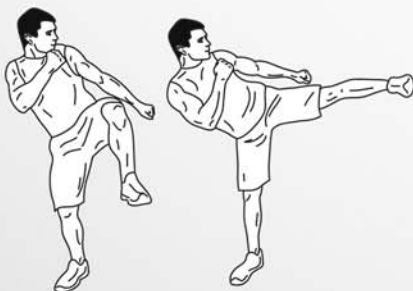
20 side kicks



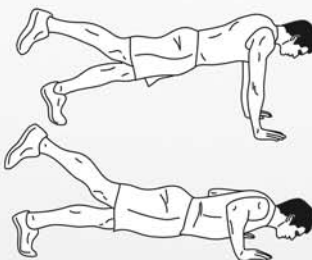
6 dragon push-ups



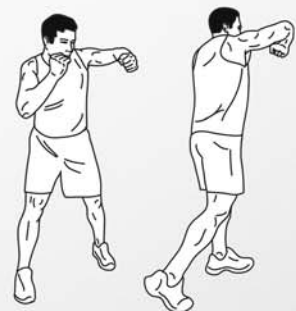
20 backfists



20 side kicks



6 raised leg push-ups



20 hooks