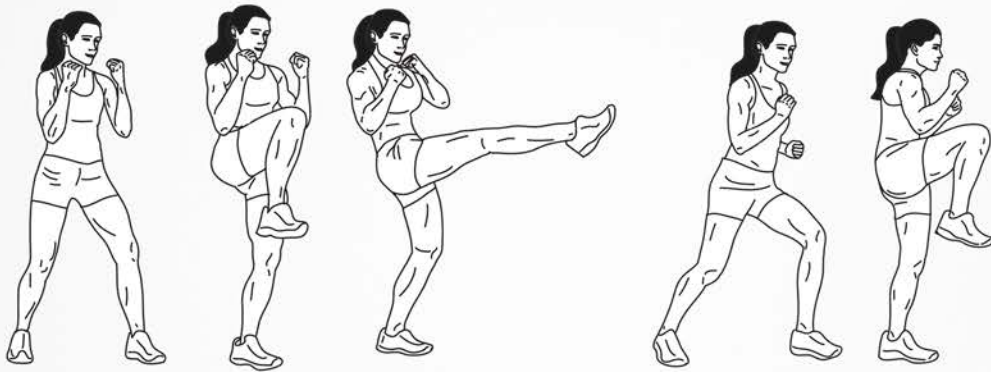


SPITFIRE

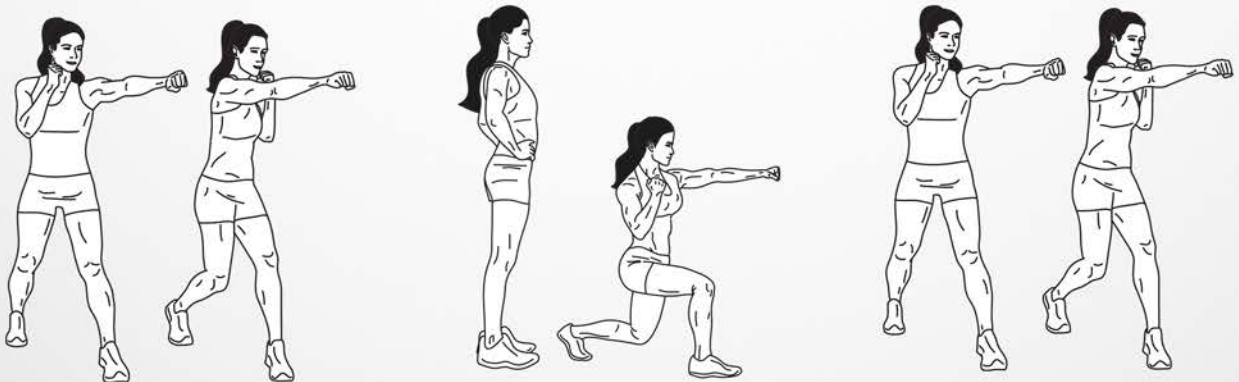
DAREBEE WORKOUT @ darebee.com

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



20 front kicks

20 knee strikes



20 punches

10 lunge punches

20 punches