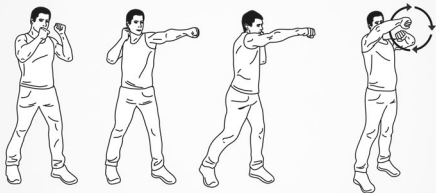


Boxer Arms

DAREBEE WORKOUT @ darebee.com

Repeat 3 times with 1 minute rest in between.

Keep arms up during the set.



10 punches (jab + cross)

10 speed bag punches

20 punches (jab + cross)

20 speed bag punches

40 punches (jab + cross)

40 speed bag punches

done

CLOSE CONTACT EXPRESS

DAREBEE **HIIT** WORKOUT @ darebee.com

Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest

30sec knee strikes

30sec elbow strikes

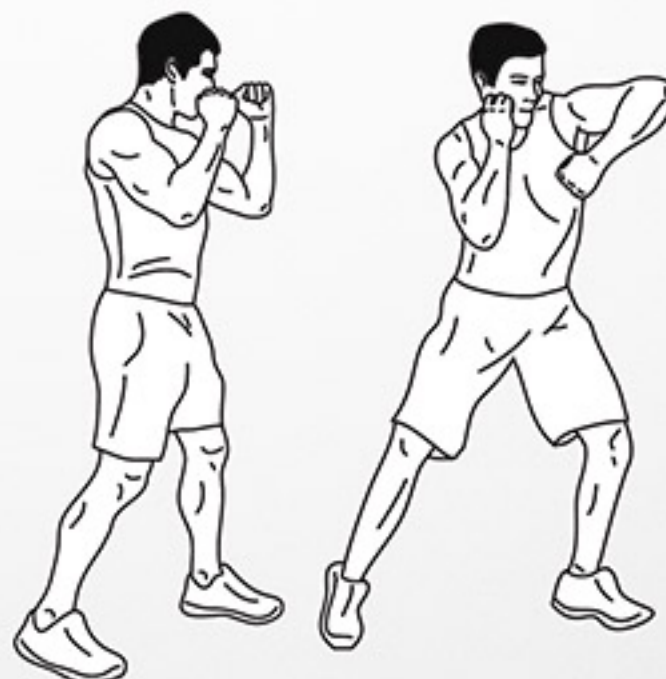
30sec knee strikes

30sec elbow strikes

30sec knee strikes

30sec elbow strikes

done



COMBAT HIIT

EXPRESS

WORKOUT BY
DAREBEE

© darebee.com

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest

30sec side kicks

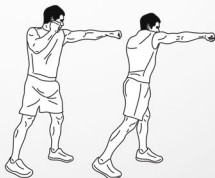
30sec punches

30sec side kicks

30sec punches

30sec side kicks

30sec punches

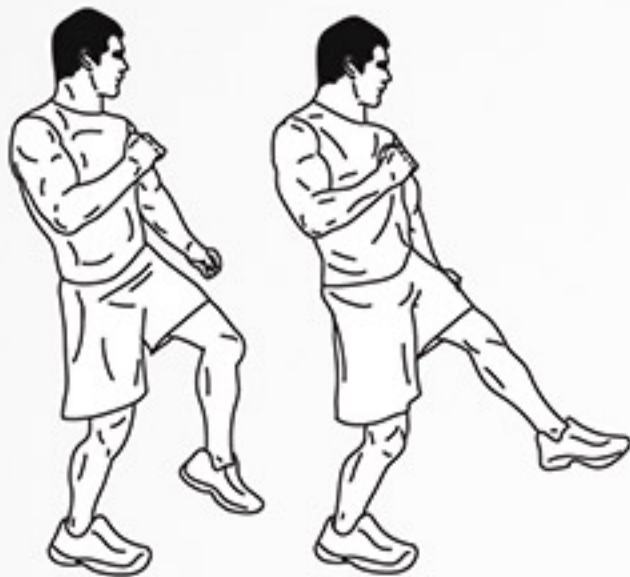


COMBAT

LIGHT

DAREBEE WORKOUT @ darebee.com

5 sets | 2 minutes rest between sets



10 low front kicks

10 low turning kicks

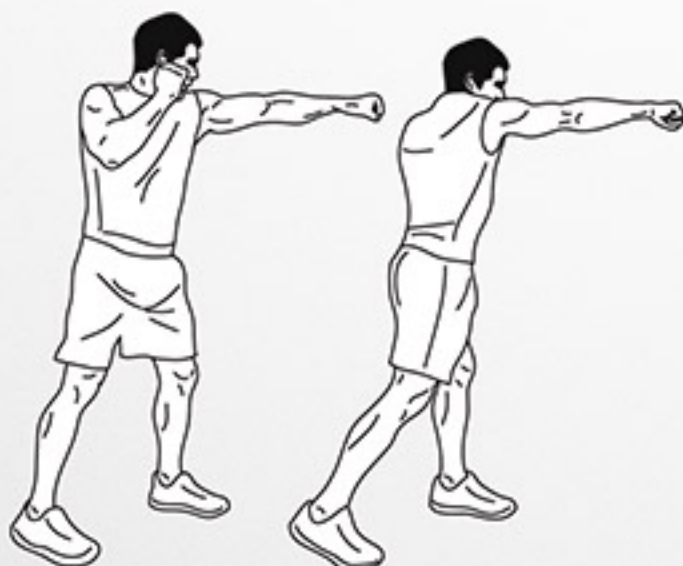


20 punches

10 low front kicks

10 low turning kicks

20 punches



10 low front kicks

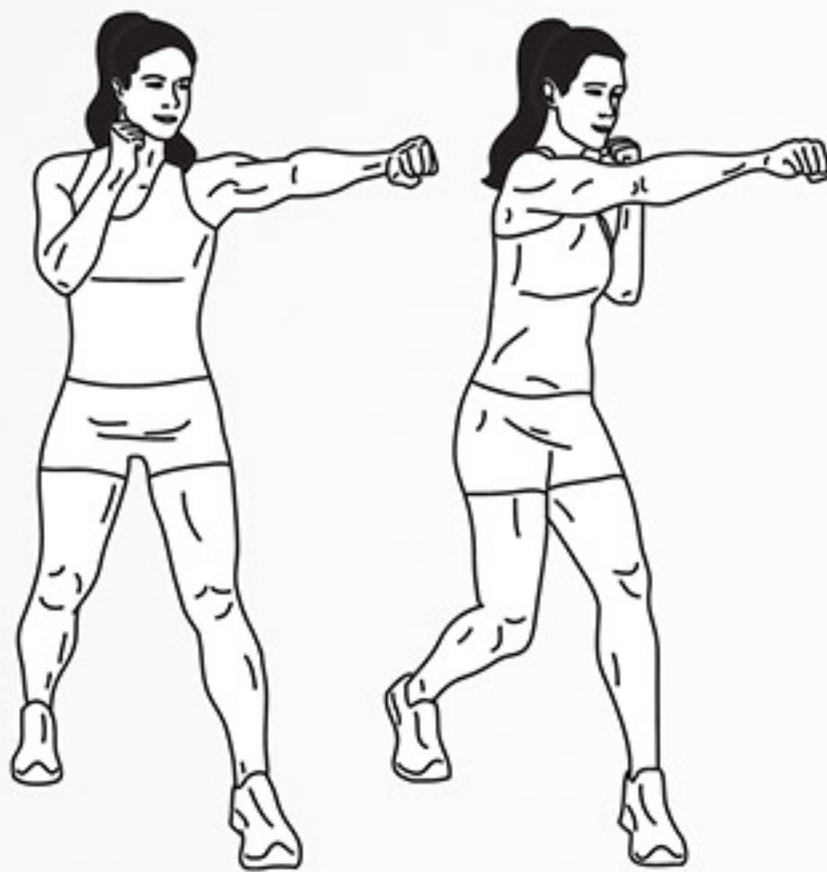
10 low turning kicks

20 punches

COUNTER

DAREBEE WORKOUT @ darebee.com

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



20 punches

2 squats

20 punches

2 squats

20 punches

2 squats



20 punches

2 squats

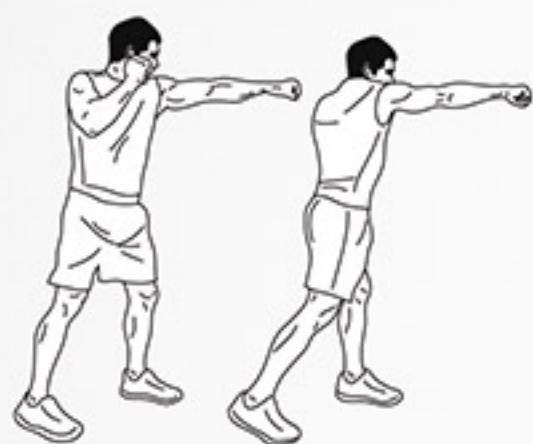
20 punches

2 squats

GLOBAL WARRIOR

DAREBEE WORKOUT @ darebee.com

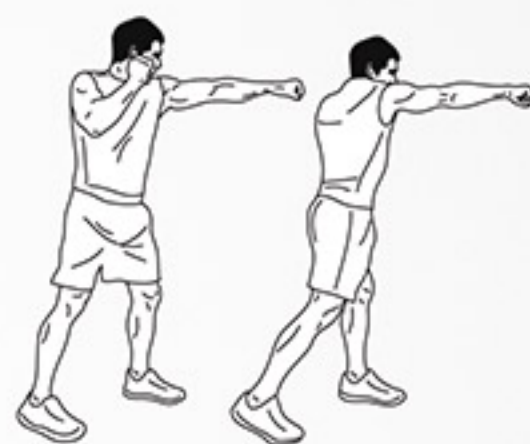
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10 punches



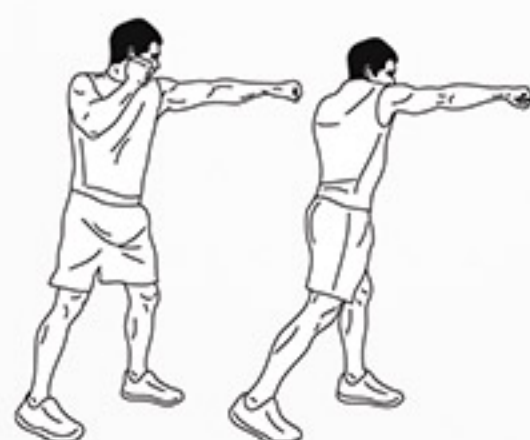
20 squat hold punches



10 punches



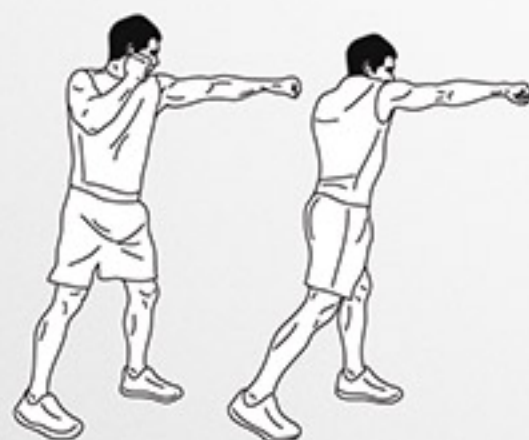
5 calf raises



10 punches



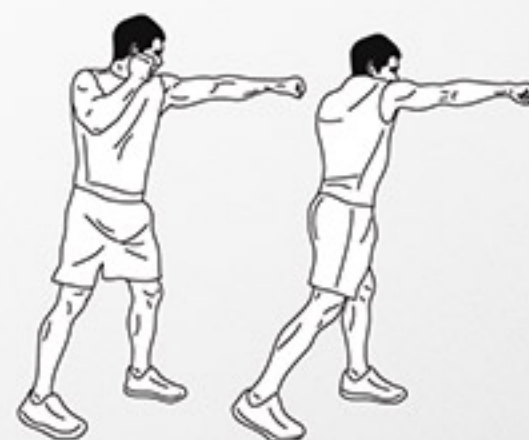
5 calf raises



10 punches



20 squat hold punches

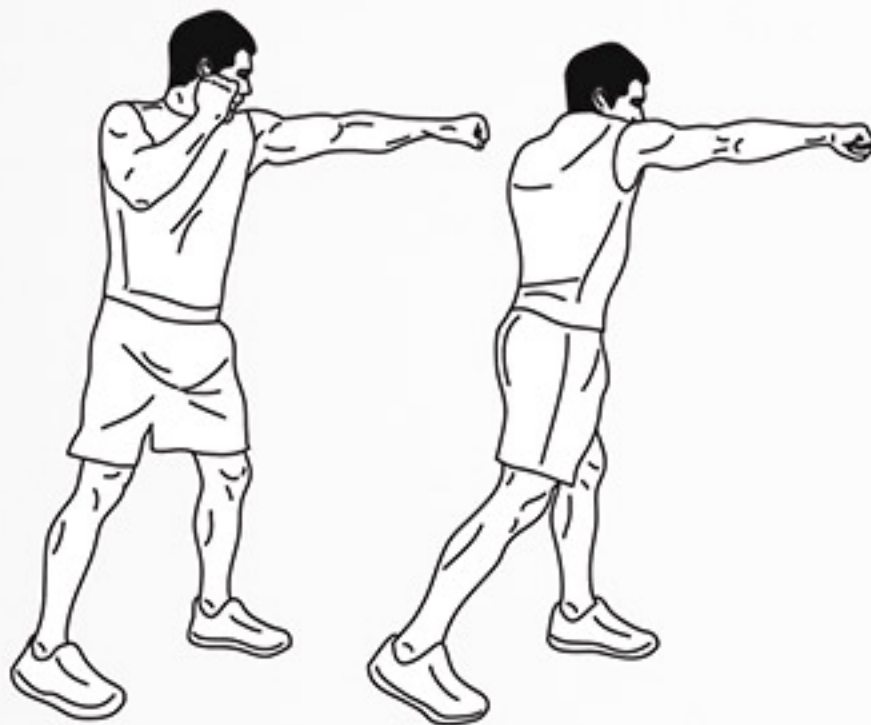


10 punches

ROWDY

DAREBEE WORKOUT @ darebee.com

5 sets | 2 minutes rest between sets



20 punches

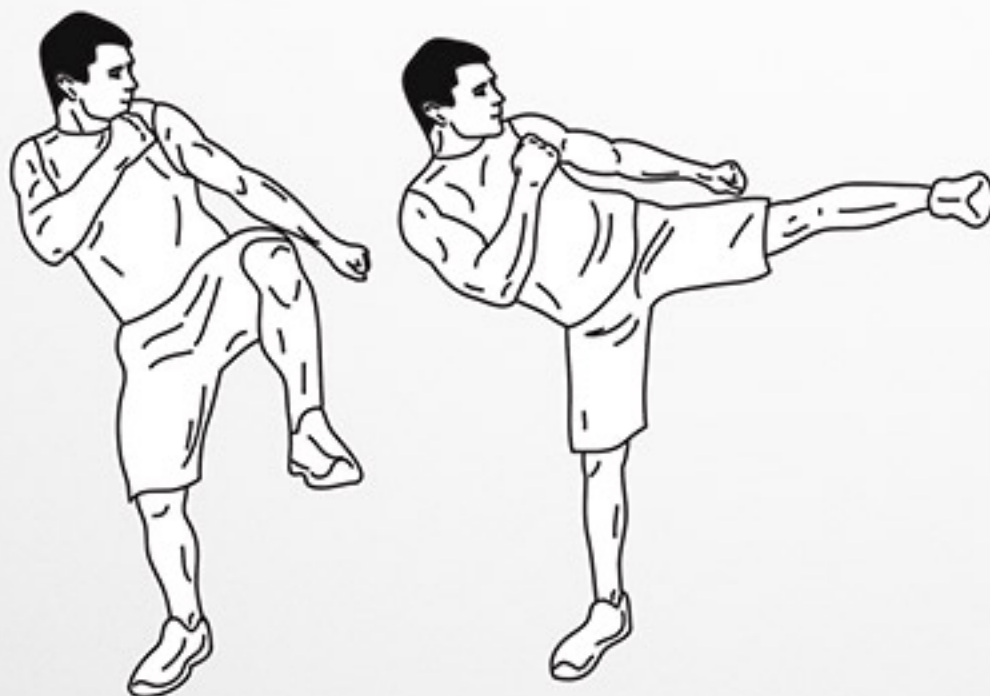
10 side kicks

20 punches

10 side kicks

20 punches

10 side kicks



20 punches

10 side kicks

20 punches

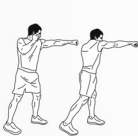
10 side kicks

done

SIDE QUEST

DAREBEE WORKOUT © darebee.com

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



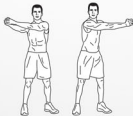
20 punches



20 overhead punches



20 backfists



20 side chops



20 elbow strikes

SUCKER PUNCH

DAREBEE WORKOUT @ darebee.com

5 sets | 2 minutes rest between sets



4 squats

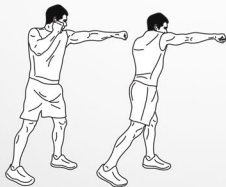
20 punches

4 squats

20 punches

4 squats

20 punches



4 squats

20 punches

4 squats

20 punches

WILD & FREE

DAREBEE WORKOUT

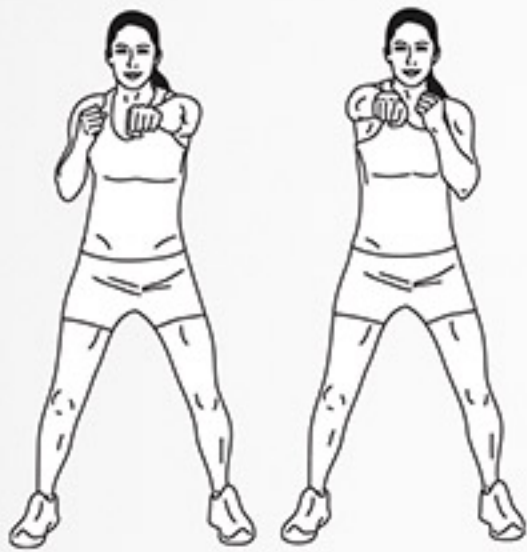
@ darebee.com

LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

REST up to 2 minutes



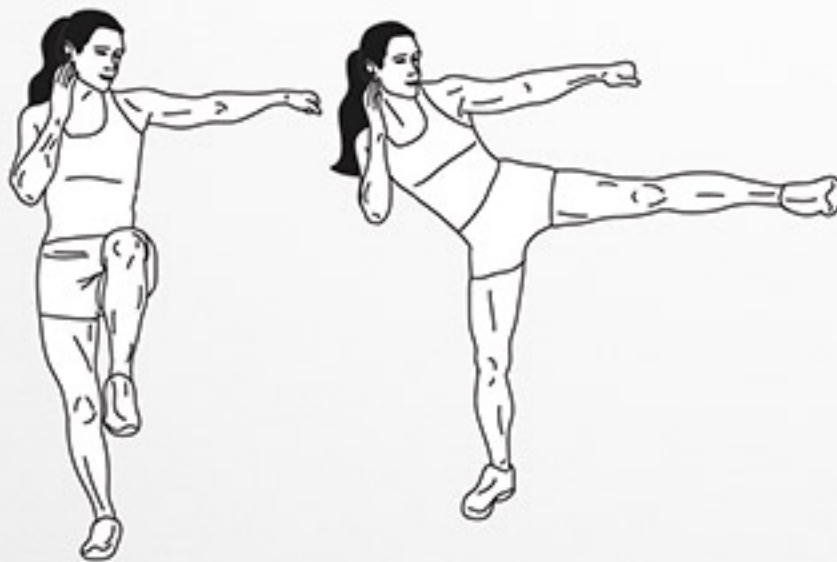
20 punches



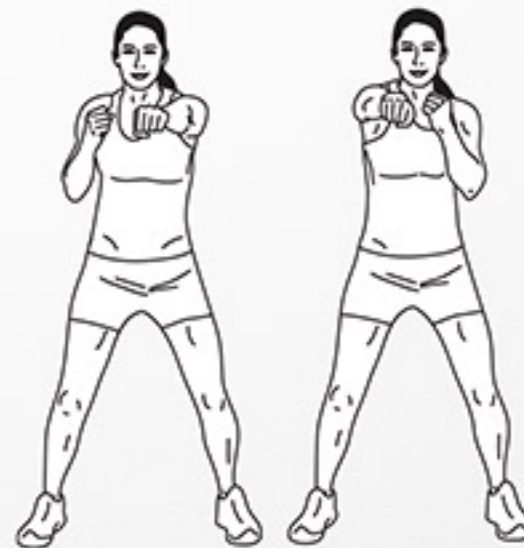
20 knee strikes



20 punches



20 side kicks

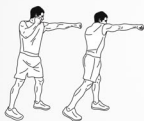


20 punches

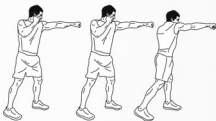
WORLD BREAKER

DAREBEE WORKOUT © darebee.com

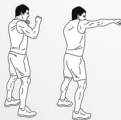
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 jab + cross



20 jab + jab + cross



20 jabs only / right arm



20 jabs only / left arm

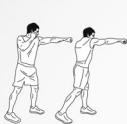


20 overhead punches

WRECKED.

DAREBEE WORKOUT @ darebee.com

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



10 punches



10 overhead punches



10 punches



10 backfists (right arm)



10 overhead punches



10 backfists (left arm)



60 seconds punches