

FIGHTER MODE

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



20 squats



20 squat + side kick



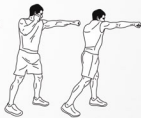
20 side kicks



10 push-ups



10 push-up + jab + cross



40 jab + cross



30-count plank



30-count raised leg plank



30-count side plank