

CARDIO KICK

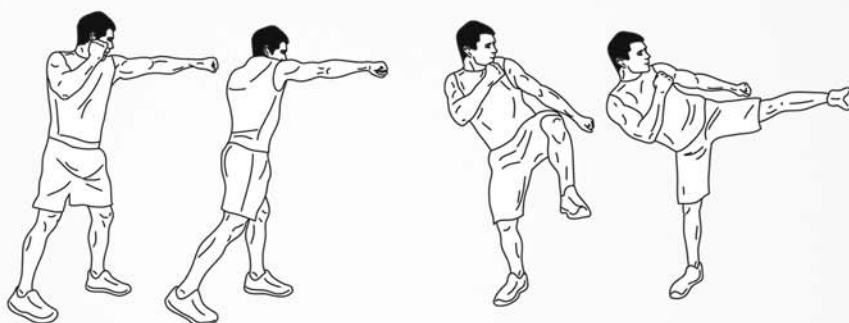
DAREBEE WORKOUT © darebee.com

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

3 combos:

10 punches

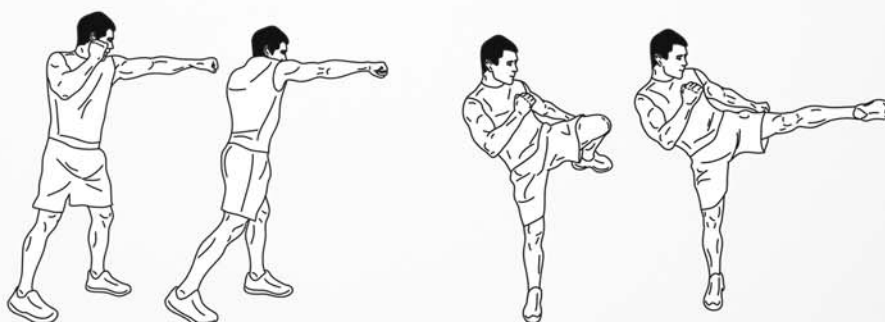
20 side kicks



3 combos:

10 punches

20 turning kicks



3 combos:

10 punches

20 front kicks

