

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

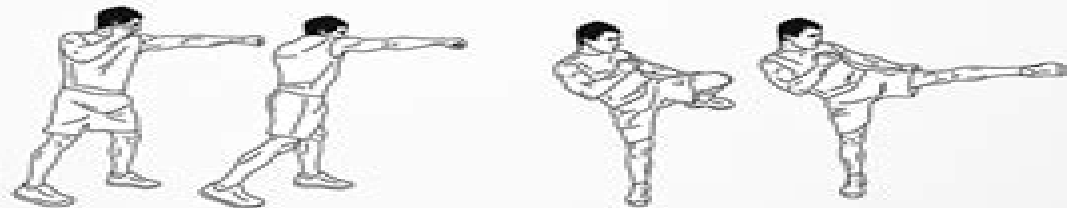
20 side kicks



3 combos:

10 punches

20 turning kicks



3 combos:

10 punches

20 front kicks



Bfit Cardio Kick Box

Richard Bailey



Bfit Cardio Kick Box:

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