

COMBO FIGHTER

DAREBEE WORKOUT © darebee.com

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

1



10combo push-up + jab + cross



2



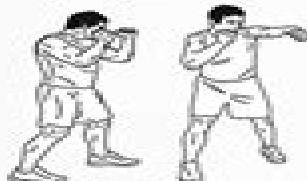
20combo squat + side kick



3



10combo push-up + hook



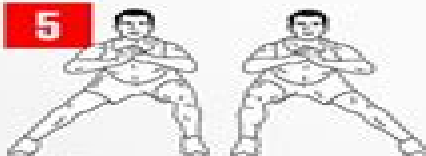
4



20combo squat + hook kick



5



40 side-to-side lunges

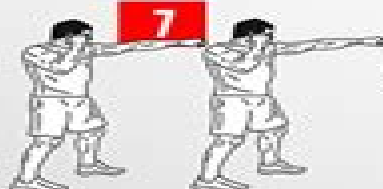
6



20combo lunge + turning kick



7



10combo jab + jab + turning kick



8



5combo jump squat + push-up



Mma Manual Exercise

Judd E. Hollander



Mma Manual Exercise:

Unveiling the Magic of Words: A Overview of "**Mma Manual Exercise**"

In a world defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their power to kindle emotions, provoke contemplation, and ignite transformative change is really awe-inspiring. Enter the realm of "**Mma Manual Exercise**," a mesmerizing literary masterpiece penned by a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve into the book is central themes, examine its distinctive writing style, and assess its profound effect on the souls of its readers.

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