

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



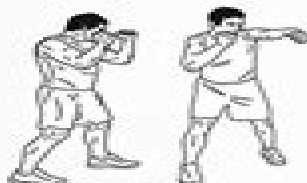
20combo squat + side kick



3



10combo push-up + hook



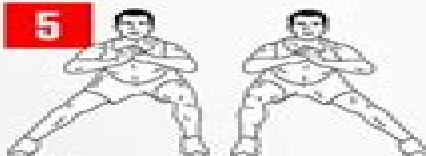
4



20combo squat + hook kick



5



40 side-to-side lunges

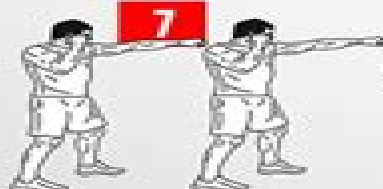
6



20combo lunge + turning kick



7



10combo jab + jab + turning kick



8



5combo jump squat + push-up



Mma Manual Exercise

Minjie Lin



Mma Manual Exercise:

Mma Manual Exercise Book Review: Unveiling the Power of Words

In a global driven by information and connectivity, the energy of words has be more evident than ever. They have the ability to inspire, provoke, and ignite change. Such is the essence of the book **Mma Manual Exercise**, a literary masterpiece that delves deep to the significance of words and their affect our lives. Published by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book is key themes, examine its writing style, and analyze its overall effect on readers.

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