

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



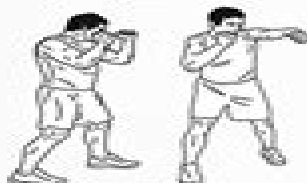
20combo squat + side kick



3



10combo push-up + hook



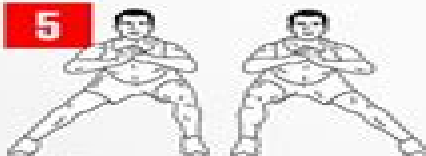
4



20combo squat + hook kick



5



40 side-to-side lunges

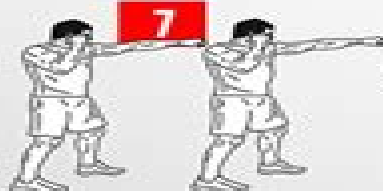
6



20combo lunge + turning kick



7



10combo jab + jab + turning kick



8



5combo jump squat + push-up



Mma Manual Exercise

Ensheng Dong



Mma Manual Exercise:

Mma Manual Exercise Book Review: Unveiling the Magic of Language

In a digital era where connections and knowledge reign supreme, the enchanting power of language has been apparent than ever. Its capability to stir emotions, provoke thought, and instigate transformation is really remarkable. This extraordinary book, aptly titled "**Mma Manual Exercise**," compiled by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound impact on our existence. Throughout this critique, we will delve to the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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