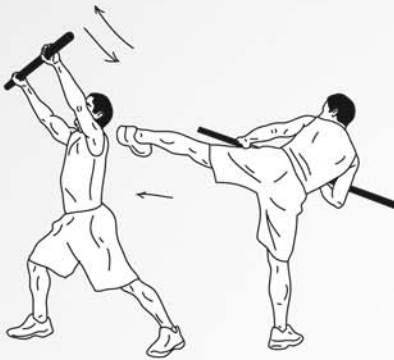


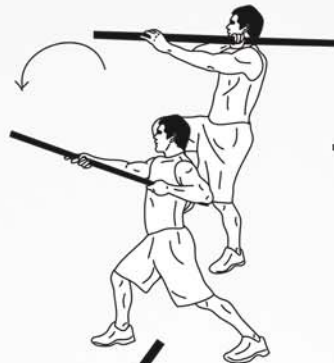
# STORM BREAKER

DAREBEE WORKOUT  
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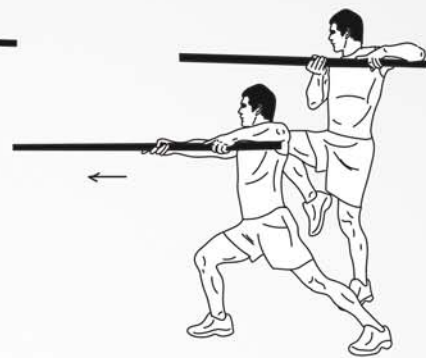
5 sets  
2 minutes rest  
between sets



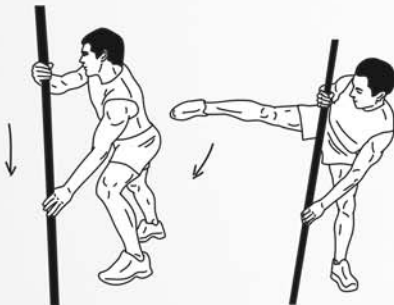
20 block + side kick



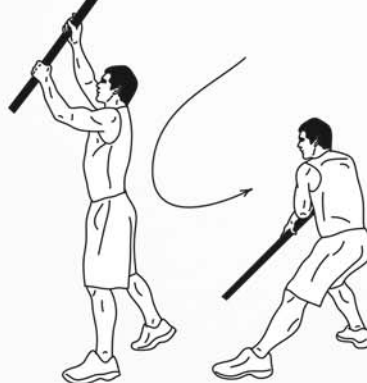
20 vertical strikes



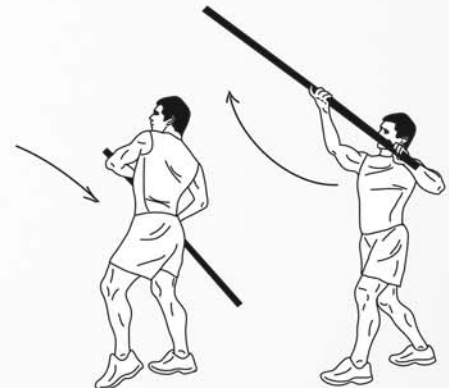
20 thrusts



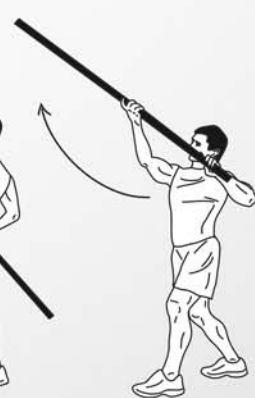
20 grounded block + turning kick



20 sweeps



20 uppercuts



20 combos block + sweep + uppercut