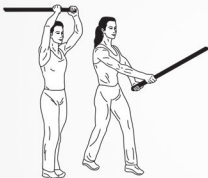


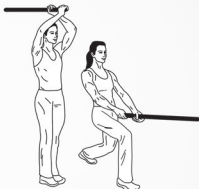
BLADE

DAREBEE WORKOUT @ darebee.com

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



20 vertical cuts



20 lunge cuts



20 horizontal cuts