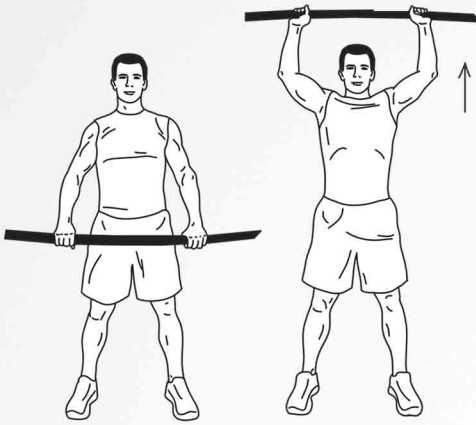


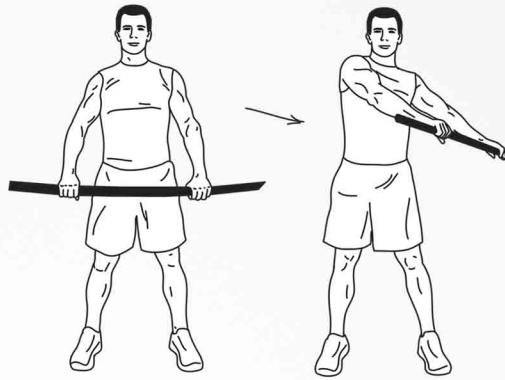
**KATANA**

# WARMUP

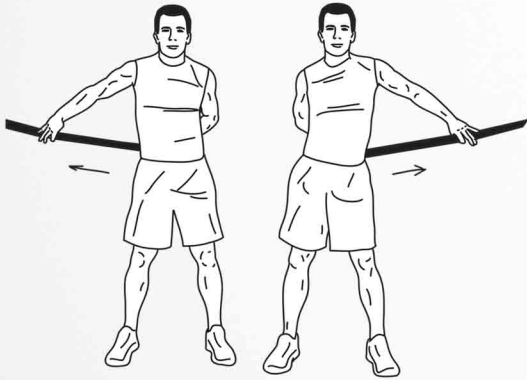
BY WORKOUT @ [darebee.com](http://darebee.com) 10 REPS EACH



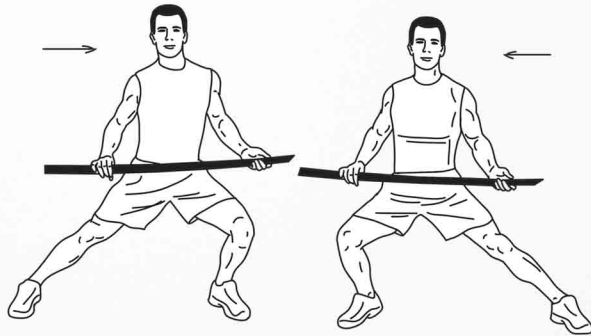
overhead raises



side-to-side twists



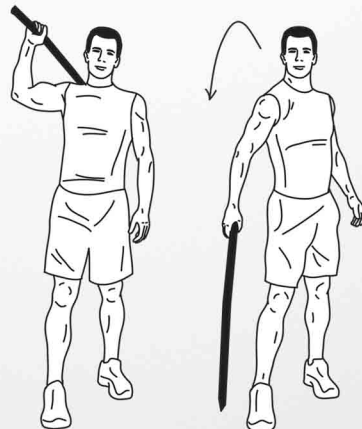
behind back twists



side-to-side lunges



katana infinity



light vertical cuts