

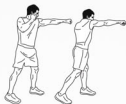
# NINJA ASSASSIN

DAREBEE WORKOUT © [darebee.com](http://darebee.com)

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



20 climbers



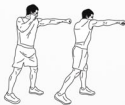
20 punches



4 plank walk-outs



20 knee strikes



20 punches



4 side-to-side lunges



20 punches