

# shieldmaiden

DAREBEE WORKOUT @ [darebee.com](https://darebee.com)

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



10 knee strikes



10 palm strikes



10 lunge push strikes



10 combos hop heel click + palm strike



2 push-ups



10 cross chops



10-count plank hold



10 shoulder taps