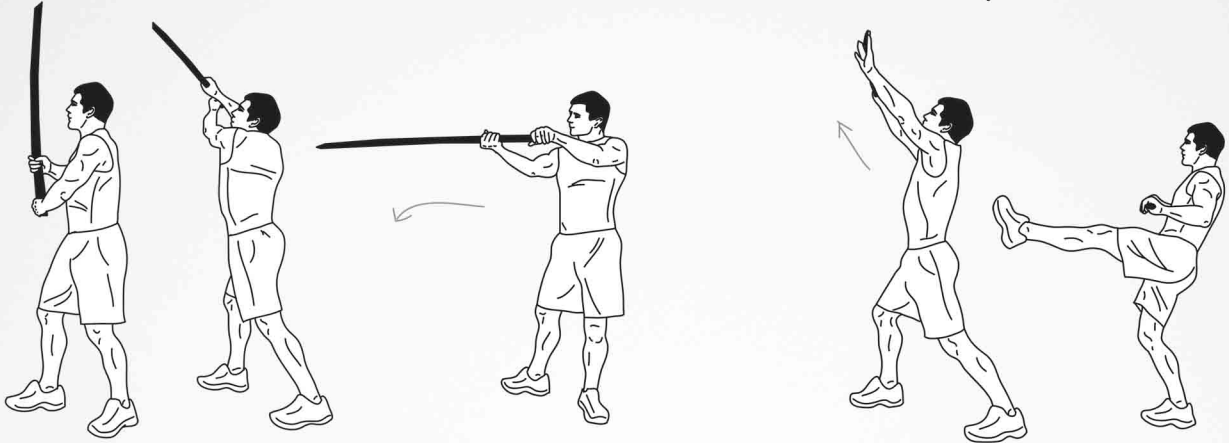
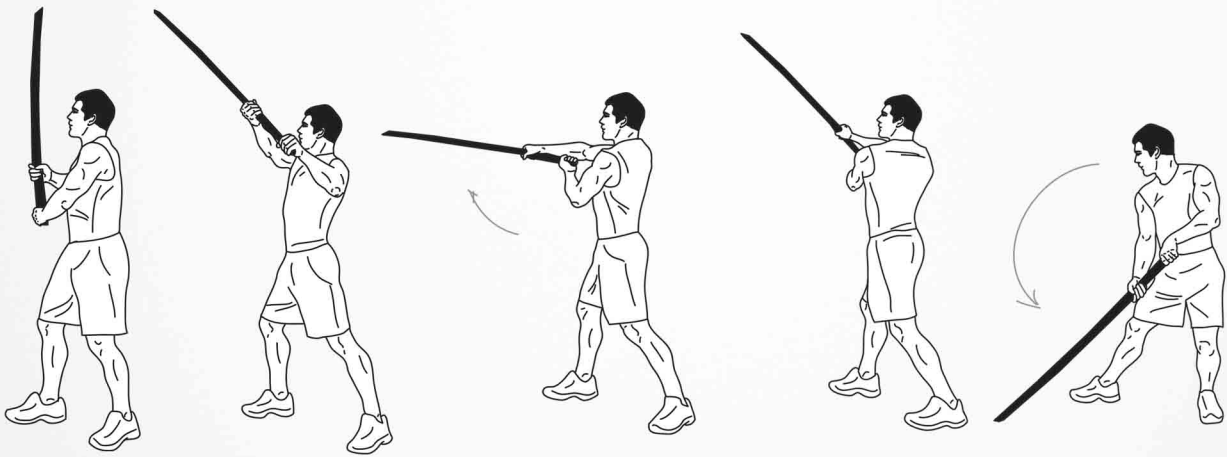


NINJA HUNTER

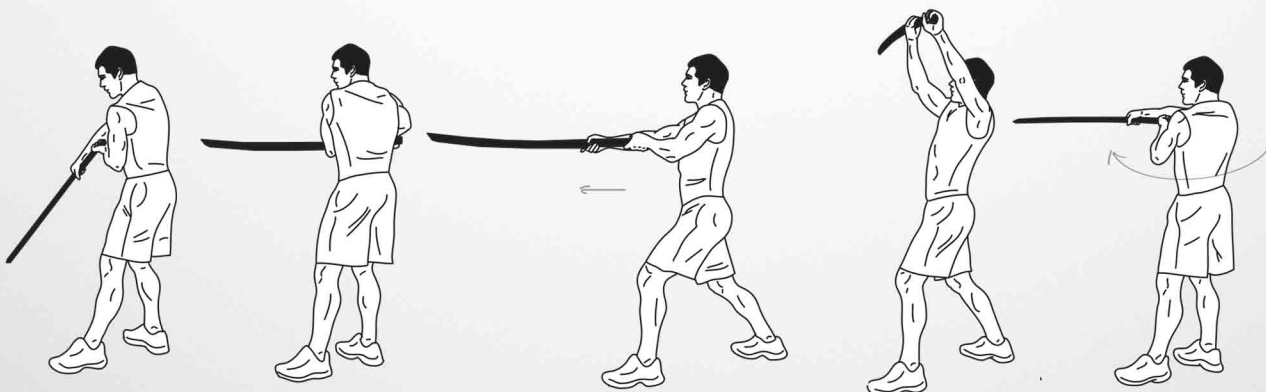
DAREBEE WORKOUT @ darebee.com | 10 combos each
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



1. upward block + horizontal cut 2. upward block (both hands) + front kick



3. upward block+ horizontal cut 4. upward block + cross cut



5. downward block + thrust + upward block + horizontal cut

Ninja PRINCESS

DAREBEE WORKOUT @ darebee.com

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



10 knee strikes



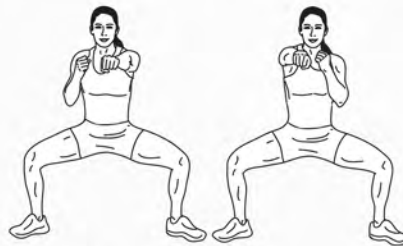
20 punches



10 side lunges



10-count tree pose hold



20 squat hold punches



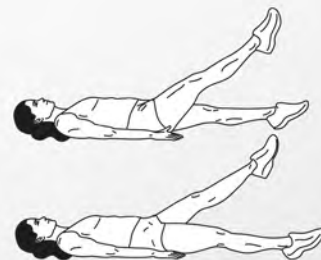
10-count tree pose hold



10 crunch kicks



20 sitting punches

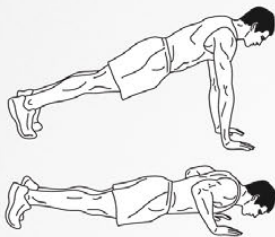


10 flutter kicks

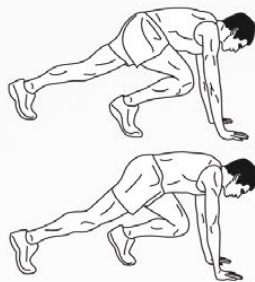
NINJA SPEED

DAREBEE WORKOUT @ darebee.com

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



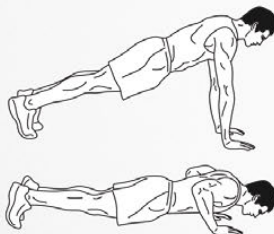
4 push-ups



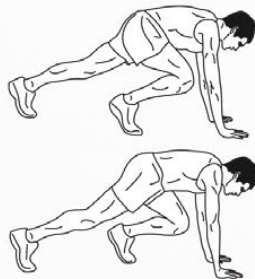
20 climbers



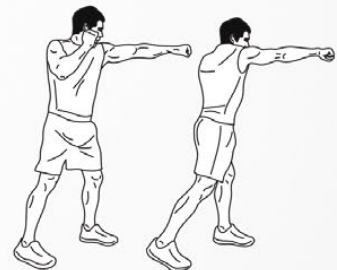
20 high knees



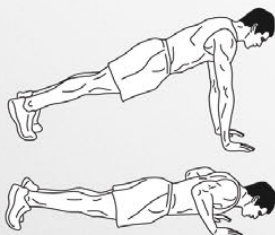
4 push-ups



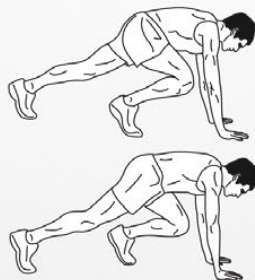
20 climbers



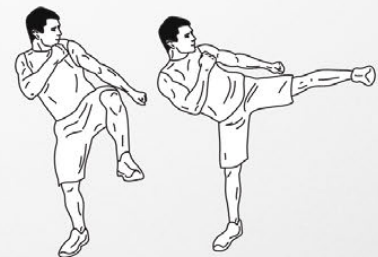
20 punches



4 push-ups



20 climbers



20 side kicks

NINJA WARRIOR

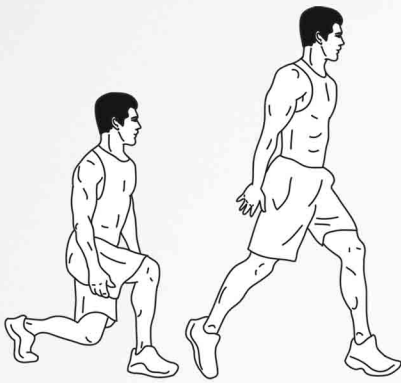
DAREBEE WORKOUT
@ darebee.com

LEVEL I 3 sets

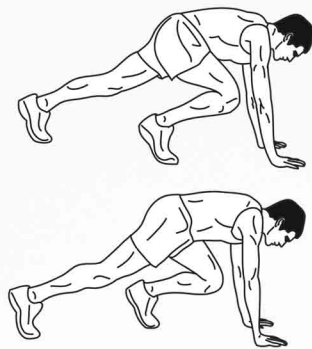
LEVEL II 5 sets

LEVEL III 7 sets

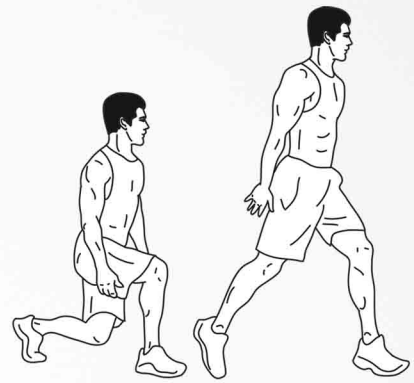
REST up to 2 minutes



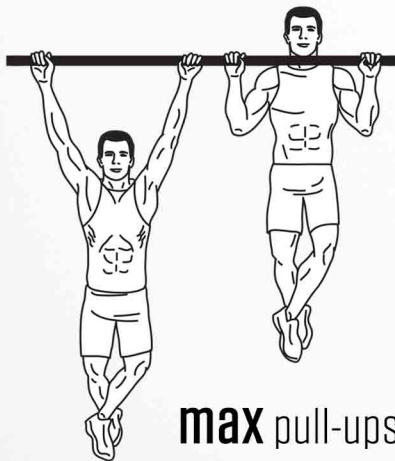
20 jumping lunges



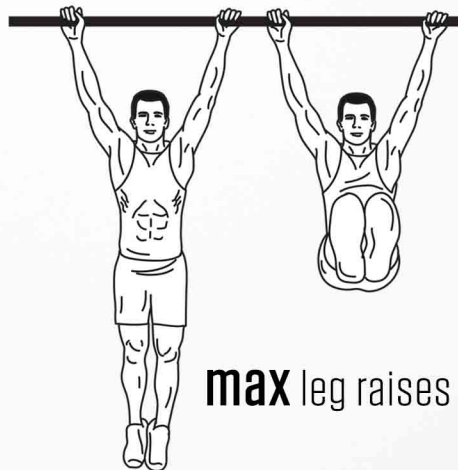
20 climbers



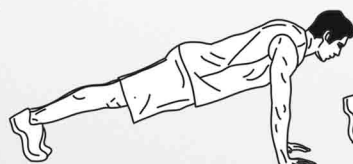
20 jumping lunges



max pull-ups



max leg raises



40 burpees with a push-up and a jump knee tuck

NINJA

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

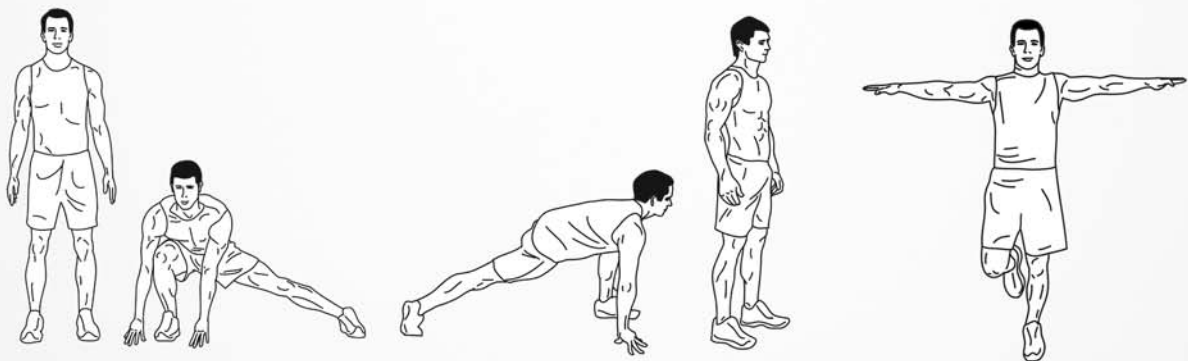
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 side kicks

10 combos squat + knife hand strike

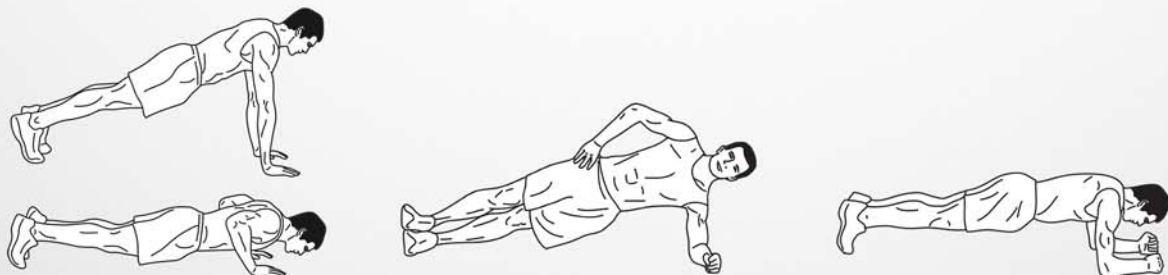
10-count squat hold



10 side lunges

10 reverse deep lunges

20-count one leg stand



10 push-ups

20-count side elbow plank

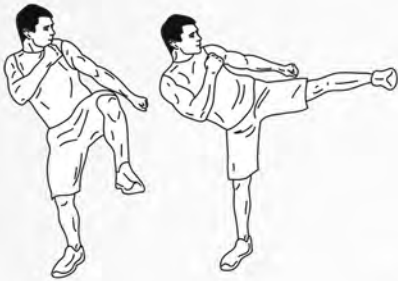
20-count elbow plank

NINJAS

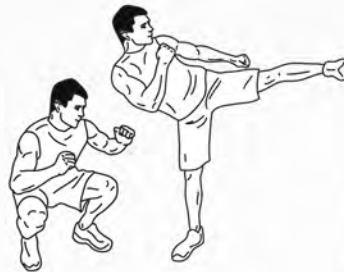
DAREBEE WORKOUT @ darebee.com



2 minutes rest
between ninjas



10 side kicks



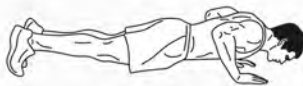
10 squat + side kick



20 squat hold punches



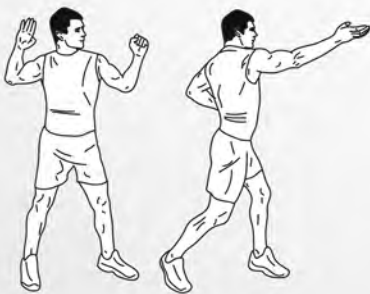
2 push-ups



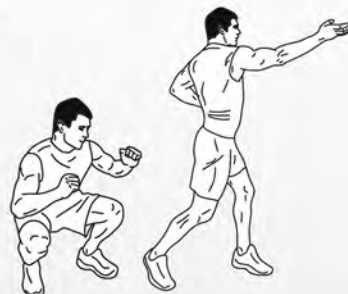
10-count push-up hold



2 push-ups



10 knife hand strikes



10 squat + knife hand strikes



20 squat hold punches