

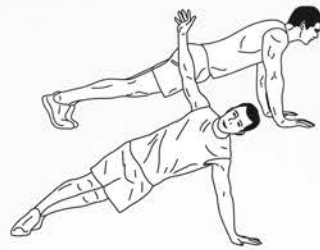
# BISHOP

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

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



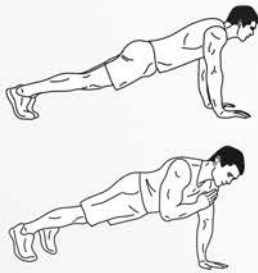
**6** lunges



**20** plank rotations



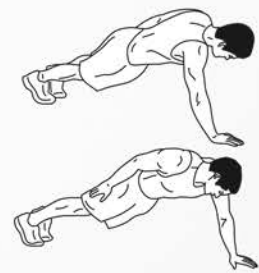
**6** lunges



**20** shoulder taps



**6** lunges



**20** thigh taps



**6** lunges