

# DEMON SLAYER

DAREBEE WORKOUT

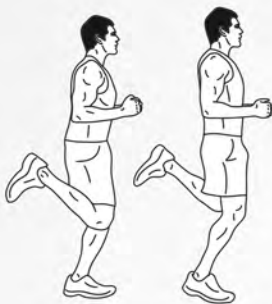
@ [darebee.com](https://darebee.com)

LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

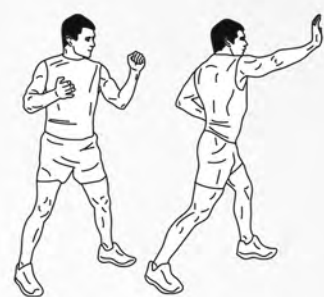
REST up to 2 minutes



**20** butt kicks



**10** knee strikes



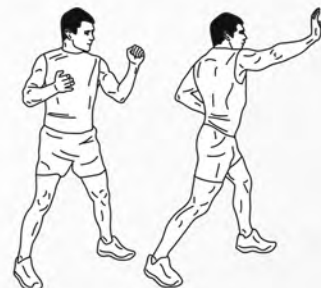
**20** palm strikes



**4** side-to-side lunges



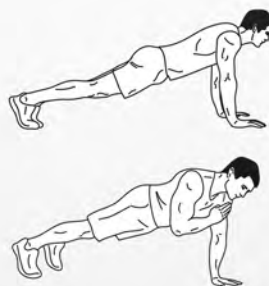
**10** climbers



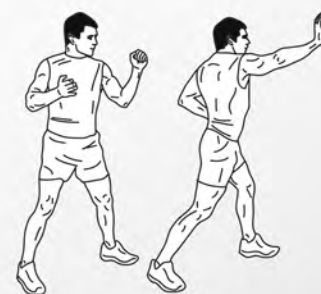
**20** palm strikes



**20** bounce on the spot



**10** shoulder taps



**20** palm strikes