

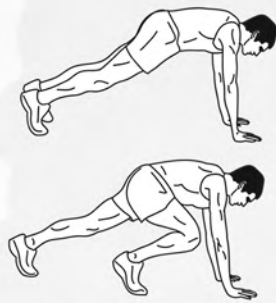
DRAGONBORN

DAREBEE WORKOUT @ darebee.com

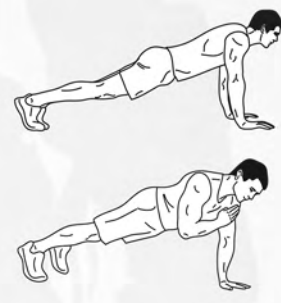
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



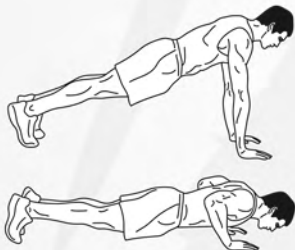
20 squats



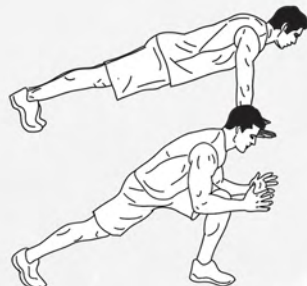
20 slow climbers



20 shoulder taps



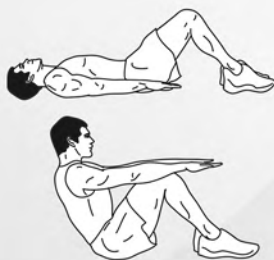
10 push-ups



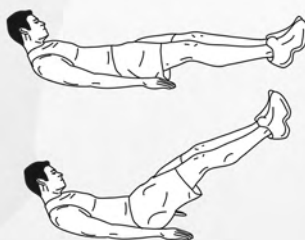
10 planks into lunges



10 cross chops



10 sit-ups



10 leg raises



10 flutter kicks