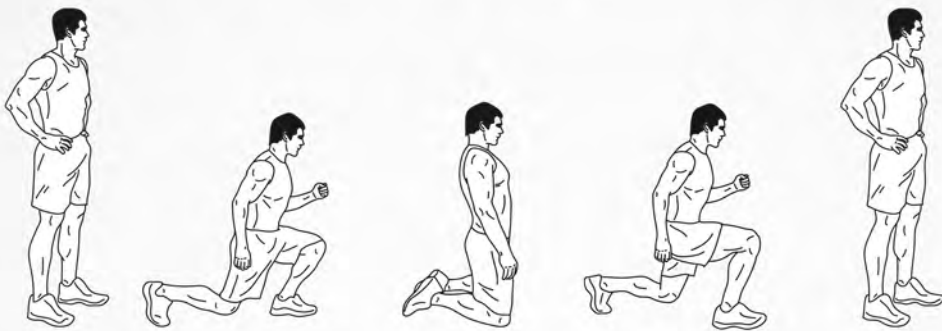


KNIGHT

DAREBEE WORKOUT © darebee.com

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



10 knight steps



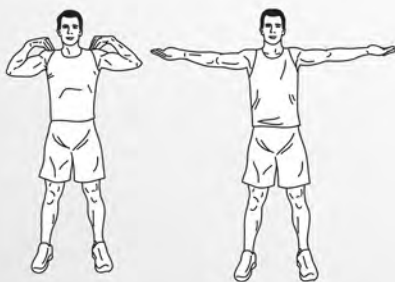
10 side-to-side lunges



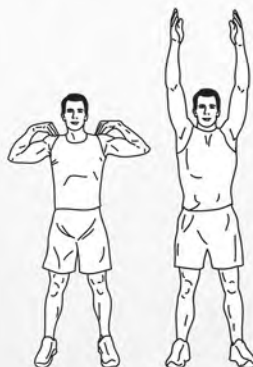
10-count squat hold



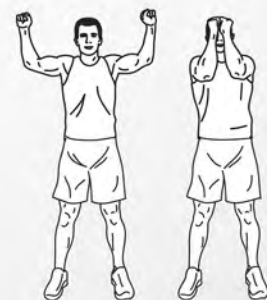
10-count folded squat hold



10 side shoulder taps



10 shoulder taps



10 elbow clicks