

# NINJA

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

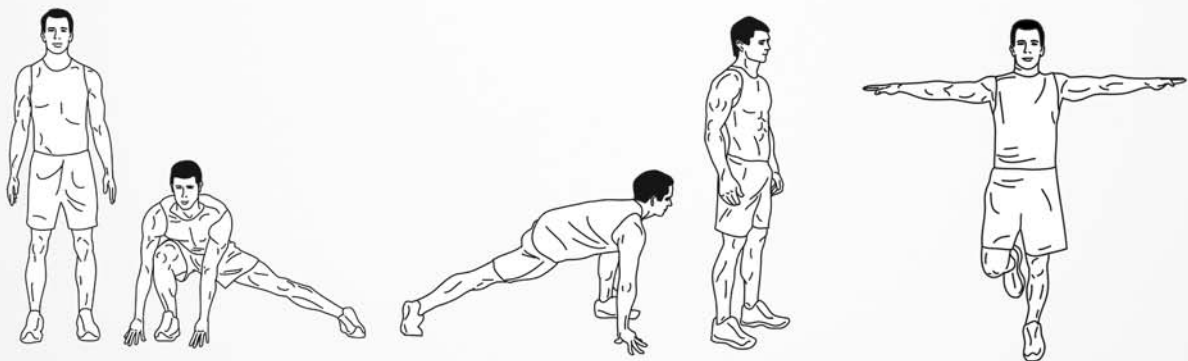
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



**20** side kicks

**10 combos** squat + knife hand strike

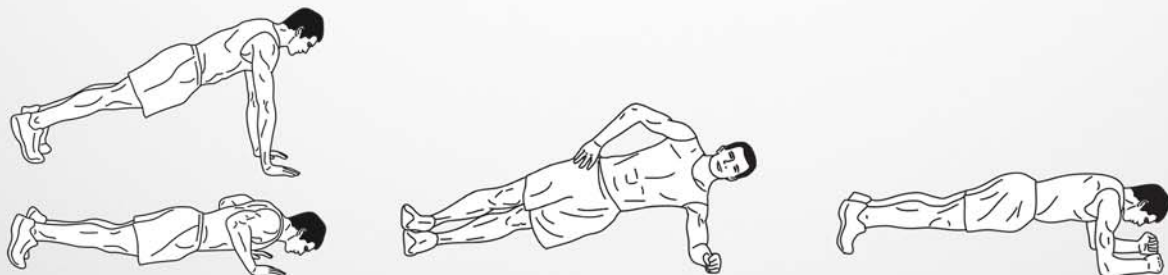
**10-count** squat hold



**10** side lunges

**10** reverse deep lunges

**20-count** one leg stand



**10** push-ups

**20-count** side elbow plank

**20-count** elbow plank