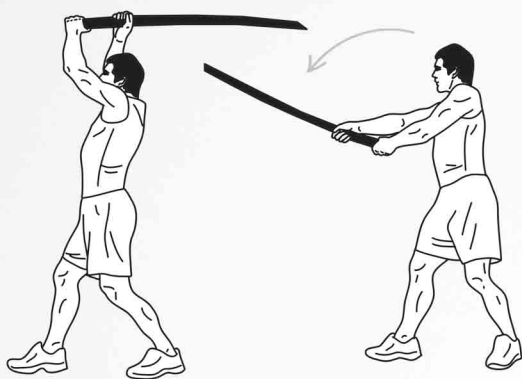


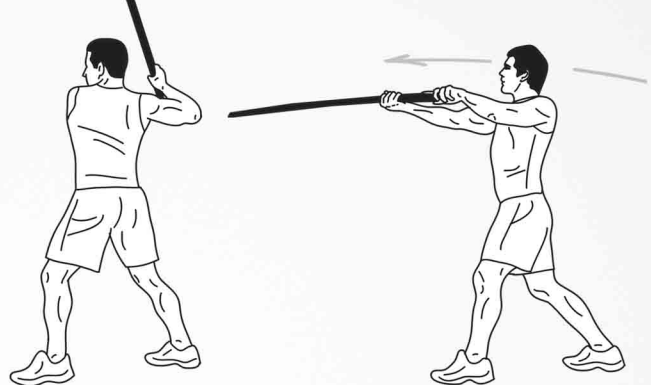
SHADOW WARRIOR

DAREBEE WORKOUT @ darebee.com

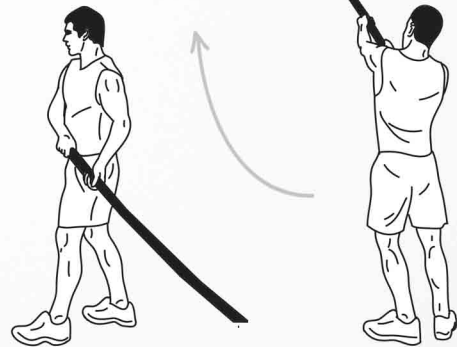
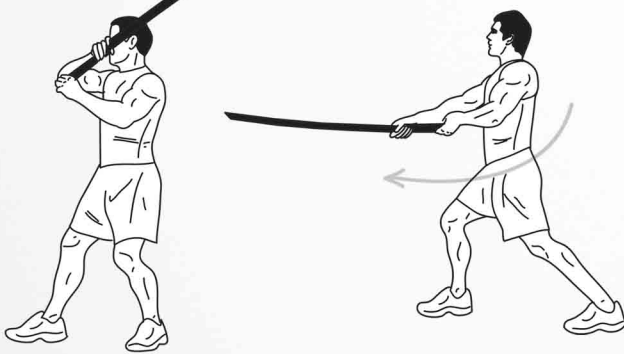
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



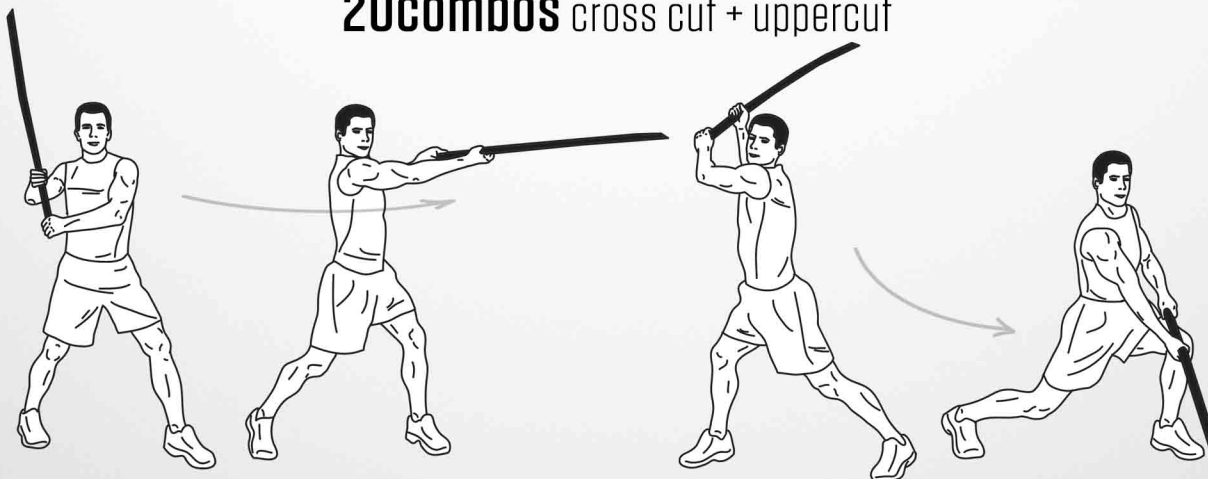
20 vertical cuts



20 horizontal cuts



20 combos cross cut + uppercut



20 combos horizontal cuts (left and right) + cross cuts (left and right)