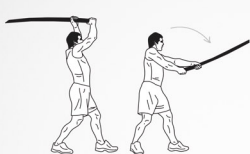


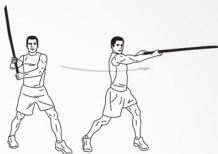
# SHADOWBLADE

DAREBEE WORKOUT @ [darebee.com](http://darebee.com)

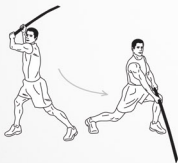
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



10 vertical cuts



10 horizontal cuts



10 cross cuts



10 horizontal + cross cut



5+ push-ups