

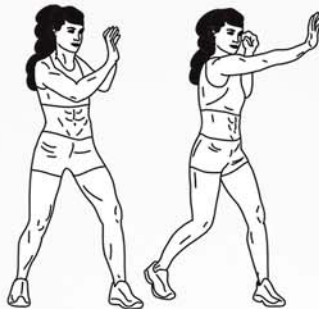
# Shieldmaiden

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

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



**10** knee strikes



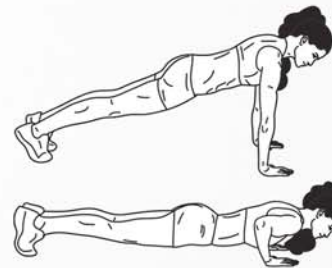
**10** palm strikes



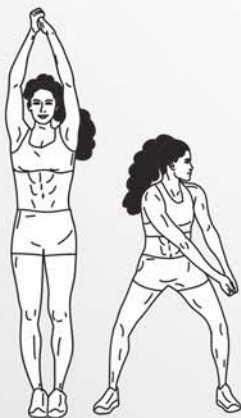
**10** lunge push strikes



**10** combos hop heel click + palm strike



**2** push-ups



**10** cross chops



**10-count** plank hold



**10** shoulder taps