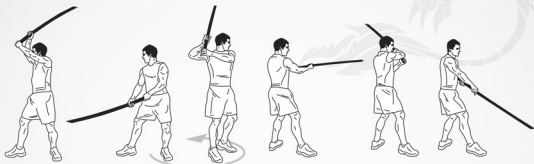


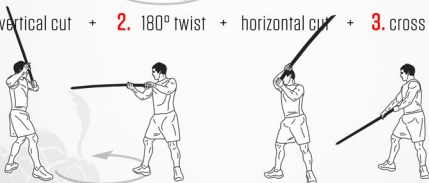
# DANCE WITH DRAGONS

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

repeat the combo LEVEL I 20 times LEVEL II 30 times LEVEL III 40 times



1. vertical cut + 2. 180° twist + horizontal cut + 3. cross cut +



4. 180° twist + horizontal cut + 5. cross cut +



6. cross cut + 7. horizontal cut

# DRAGONBORN

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

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



10 squats



10 slow climbers



20 shoulder taps



4 push-ups



4 planks into lunges



10 cross chops



10 sit-ups



10 leg raises



10 flutter kicks

# Dragon Knight

DAREBEE WORKOUT

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

LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

REST up to 2 minutes



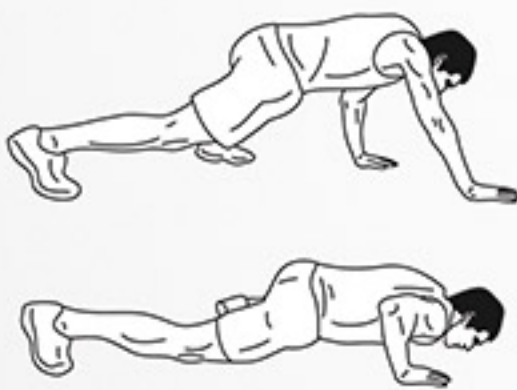
**20** lunges



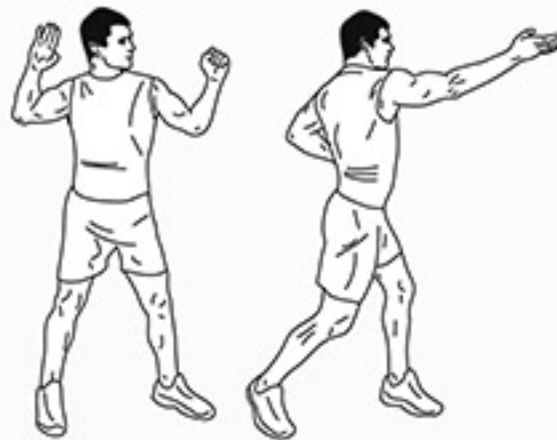
**20** knee strikes



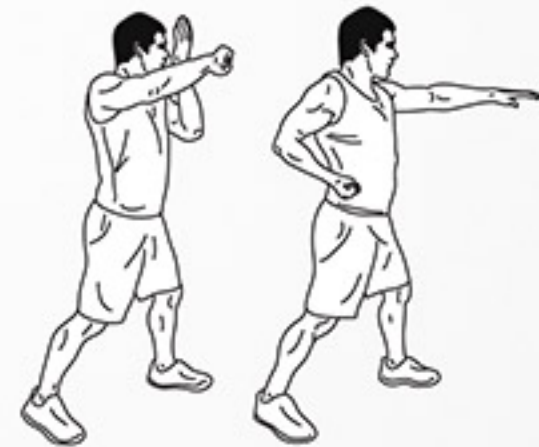
**20** jumping lunges



**20** dragon push-ups



**20** knife hand strikes



**20** outward knife h/ strikes



**20** sit-ups



**20** sitting twists



**20-count** hollow hold

# DRAGON LORD

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

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



**20** lunges



**10** single leg deadlifts



**8** calf raises



**8** dragon push-ups



**20** shoulder taps



**10** plank rotations

# Dragon Reborn

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

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



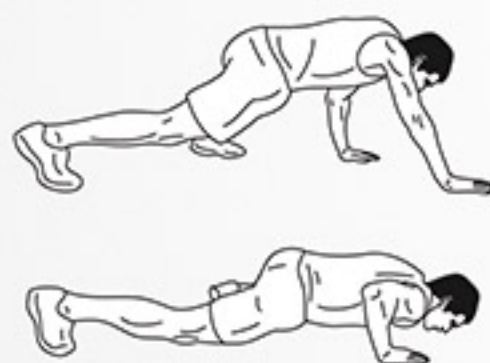
**10** squats



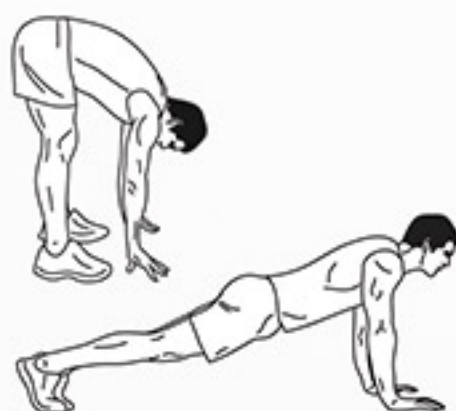
**4** side-to-side lunges



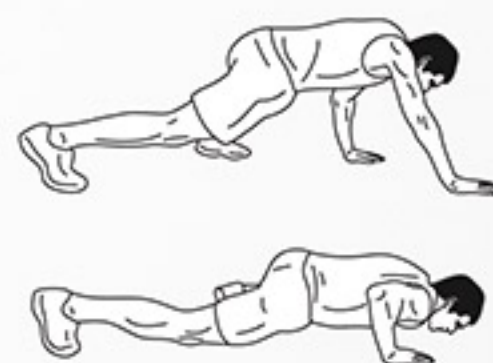
**10** squats



**4** dragon push-ups



**2** plank walk-outs



**4** dragon push-ups



**10** knee-in & twists



**4** sit-ups



**10** knee-in & twists

# DRAGONRIDER

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-count** squat hold



**30** squat hold punches



**10-count** squat hold



**5** jump squats



**10-count** squat hold



**5** jump squats



**10-count** squat hold

# DRAGON SLAYER

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

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



20 climbers



6 push-ups



6 squats



20 one arm climbers



6 pike push-ups



6 pistol squats



20 one arm climbers



6 dragon push-ups



6 shrimp squats

# IRON DRAGON

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

2 minutes rest between exercises



**12** lunge hammer curls  
**x 4 sets** in total  
20 seconds rest  
between sets



**12** side lunges  
**x 4 sets** in total  
20 seconds rest  
between sets



**8** calf raises  
**x 4 sets** in total  
20 seconds rest  
between sets



**6** shrugs  
**x 4 sets** in total  
20 seconds rest  
between sets



**8** chest rows  
**x 4 sets** in total  
20 seconds rest  
between sets



**6** lateral raises  
**x 4 sets** in total  
20 seconds rest  
between sets



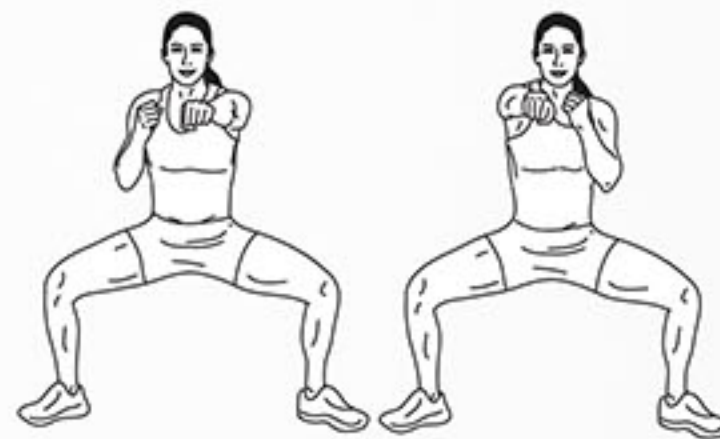
# Mother of Dragons

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** lunge punches



**40** squat hold punches



**10** tricep dips



**40** leg extensions



**10** glute flex

# STEEL DRAGON

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

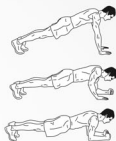
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10 deep side lunges



10 split lunges



6 up & down planks



10 shoulder taps



6 dragon push-ups



10 reverse angels



6 butt-ups

