

FAE PRINCESS

DAREBEE WORKOUT @ darebee.com

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



12 high squats



12 knee-to-elbows



24 side leg raises



12 flutter kicks



12 crunch kicks



6 leg raises

Ninja PRINCESS

DAREBEE WORKOUT @ darebee.com

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



10 knee strikes



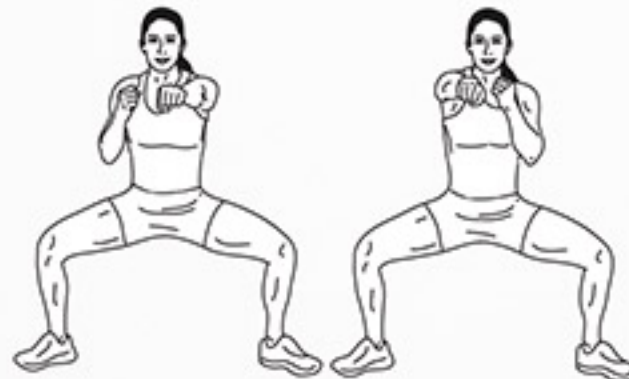
20 punches



10 side lunges



10-count tree pose hold



20 squat hold punches



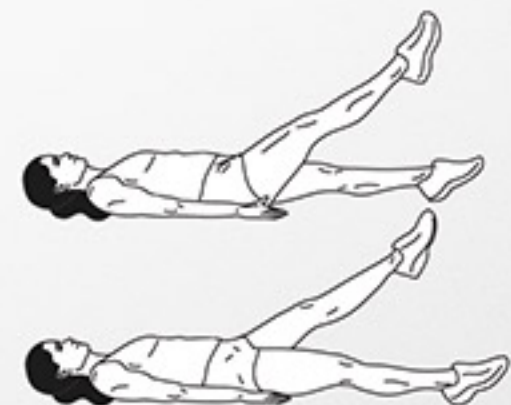
10-count tree pose hold



10 crunch kicks



20 sitting punches



10 flutter kicks

PRINCESS

To The Rescue!

DAREBEE WORKOUT © darebee.com

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



10 high knees



10 shoulder taps



4 lunge step-ups



10 high knees



10 climber taps



4 knee to elbows



10 high knees



10 bridge taps



4 crunch kicks

This Princess Wears Pants!

DAREBEE
WORKOUT

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LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

REST up to 2 minutes



10 squats



10 squat side kicks



20 punches



10 crunch kicks



10 reverse crunches



20 sitting punches

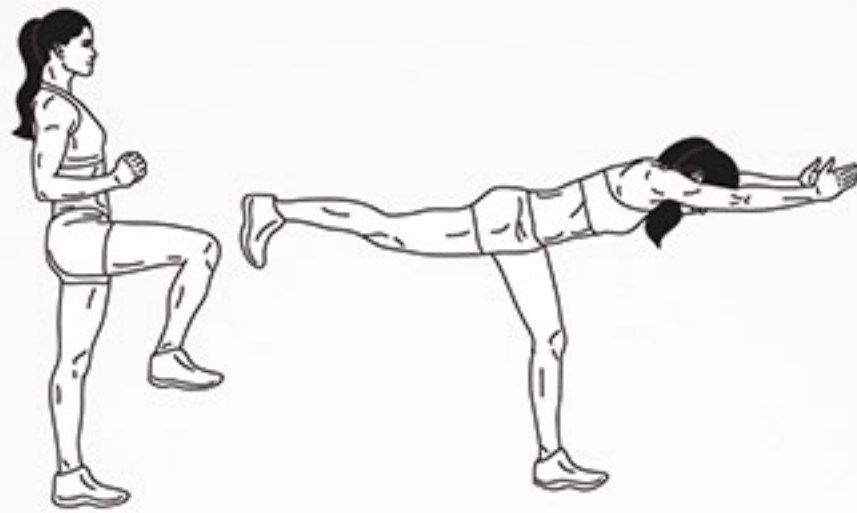
The PRINCESS

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



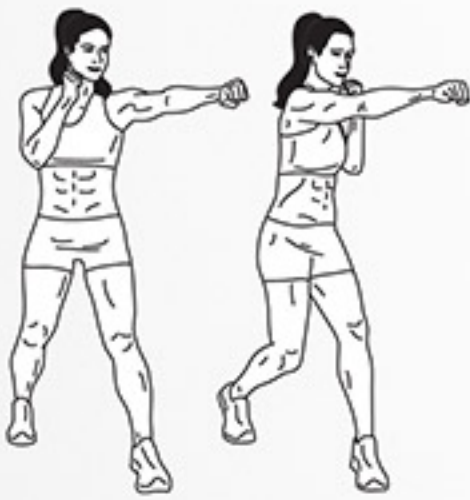
10 lunges



4 single leg deadlifts



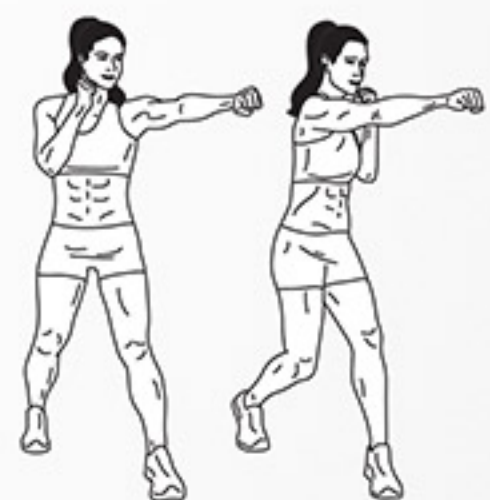
10 lunges



10 punches



4 plank rotations



10 punches



10 butterfly sit-ups



4 half wipers



10 clamshells



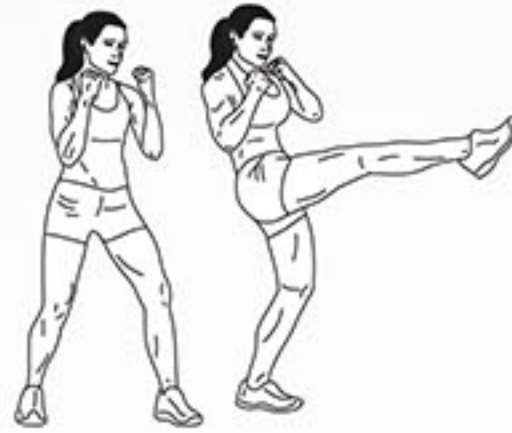
Savage Princess

DAREBEE WORKOUT @ darebee.com

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



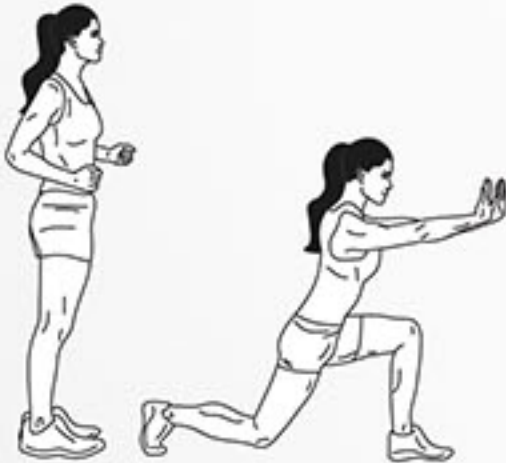
8 push lunges



10 front kicks



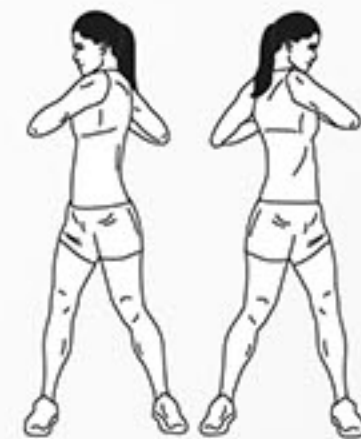
10 knee strikes



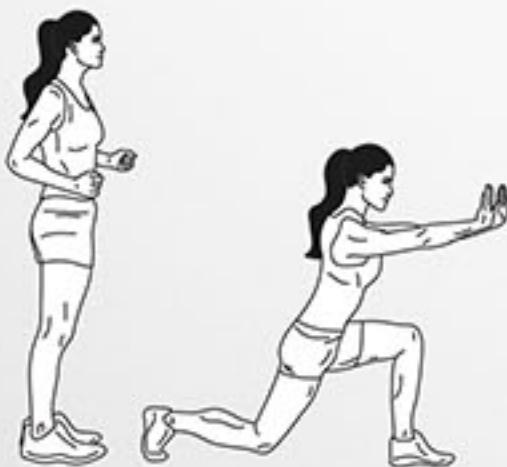
8 push lunges



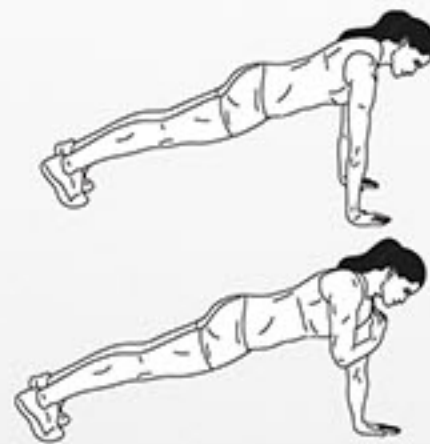
10 punches



10 torso twists



8 push lunges



10 shoulder taps



10 plank rotations