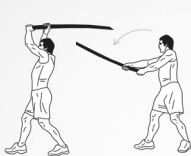


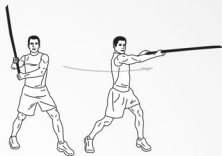
BLADESONG

DAREBEE WORKOUT © darebee.com

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



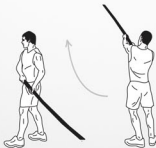
20 vertical cuts



20 horizontal cuts



20 combos horizontal cut + cross cut



20 uppercuts