

Dragon Reborn

DAREBEE WORKOUT © darebee.com

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



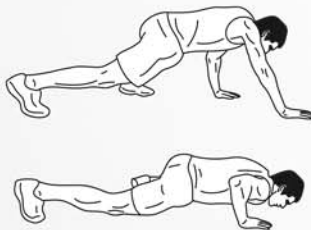
10 squats



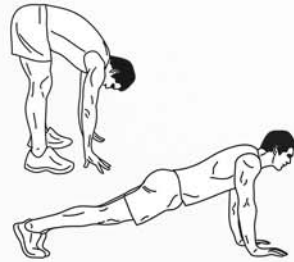
4 side-to-side lunges



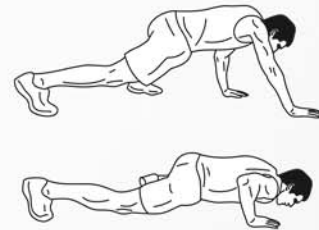
10 squats



4 dragon push-ups



2 plank walk-outs



4 dragon push-ups



10 knee-in & twists



4 sit-ups



10 knee-in & twists