

Lady Knight

DAREBEE WORKOUT

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Level I 3 sets

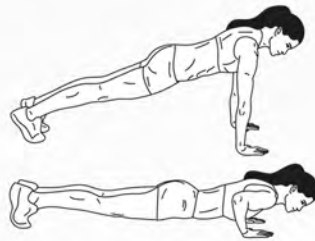
Level II 5 sets

Level III 7 sets

2 minutes rest



20 cross chops



6 push-ups



20 cross chops



6 lunges



6 side lunges



6 lunges



6 sit-up punches



6 crunch kicks



6 sit-up punches

