

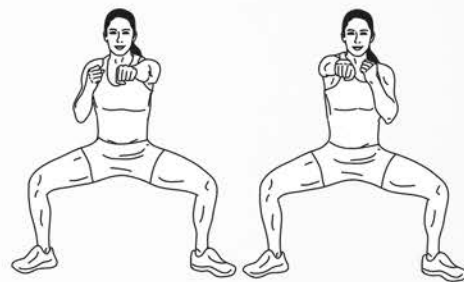
Mother of Dragons

DAREBEE WORKOUT @ 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