

# PRINCESS

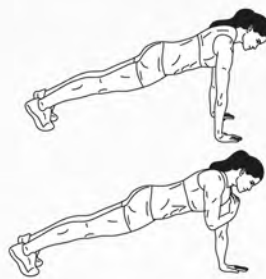
## To The Rescue!

DAREBEE WORKOUT @ [darebee.com](https://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