

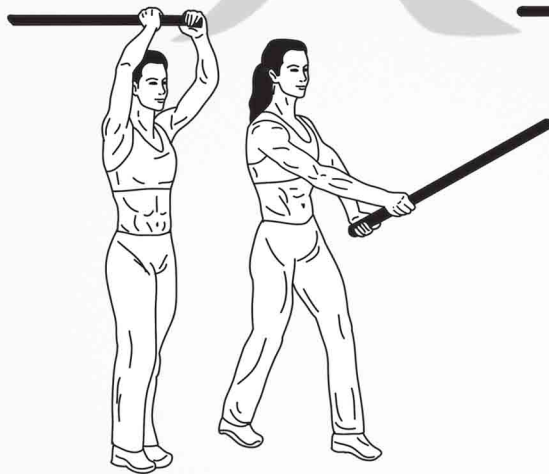
# Ronin

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

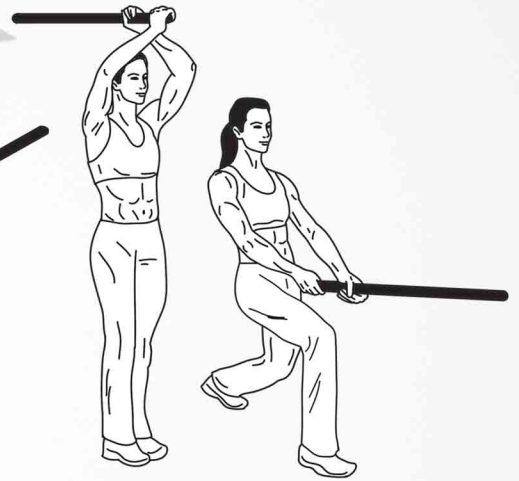
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



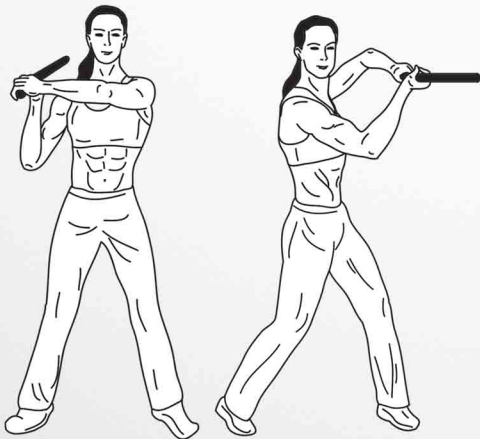
20 hops up and down  
10 hops side to side  
10 hops back and forth



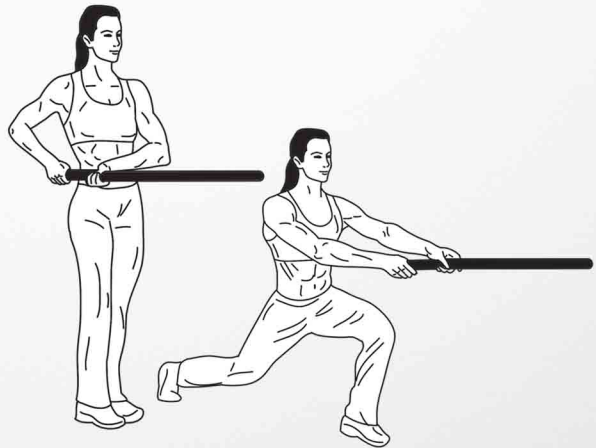
20 cuts



20 lunge cuts



20 horizontal cuts



20 thrust lunges