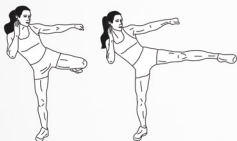


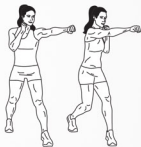
# SHADOW STRAY

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

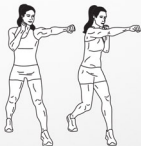
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



**40** turning kicks



**40** jab + cross



**10** combos push-up + jab + cross