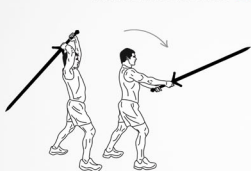


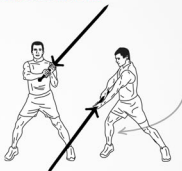
SWORD

for hire

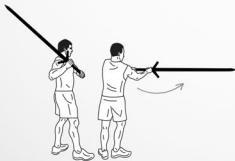
DAREBEE WORKOUT © darebee.com



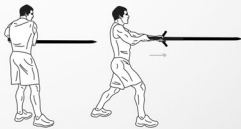
20 vertical cuts
5 sets | 30 seconds rest



20 cross cuts
5 sets | 30 seconds rest



20 horizontal cuts
5 sets | 30 seconds rest



20 thrusts
5 sets | 30 seconds rest