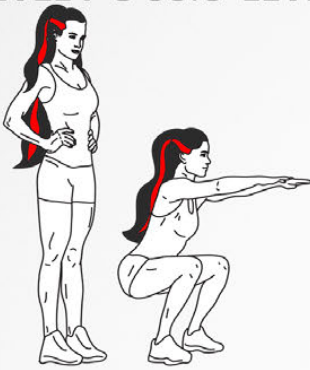


Valkyrie

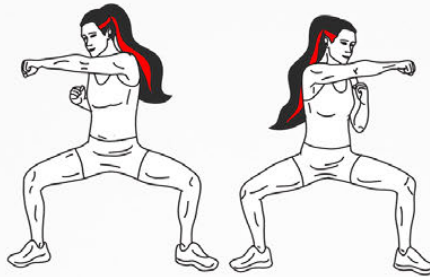
DAREBEE WORKOUT

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



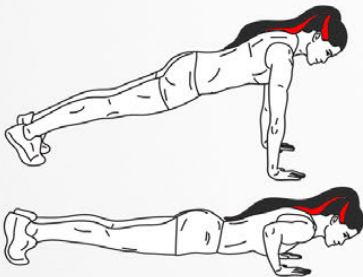
4 squats



10 squat punches



4 squat cross steps



4 push-ups



20-count balance stand



10 lunge step-ups



10 sit-up punches



10 crunch kicks



4 side Vs

