

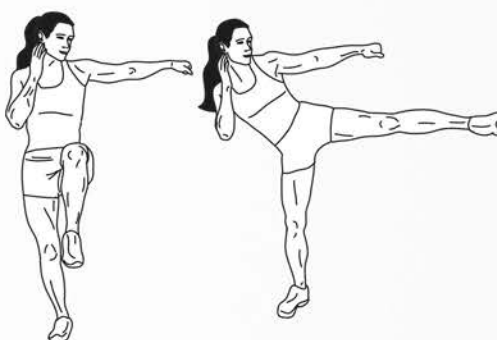
VAMPIRE HUNTER

DAREBEE WORKOUT © darebee.com

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



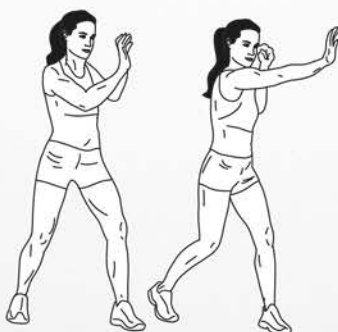
20 high knees



20 side kicks



10 jumping lunges



20 palm strikes



10 squat palm strikes