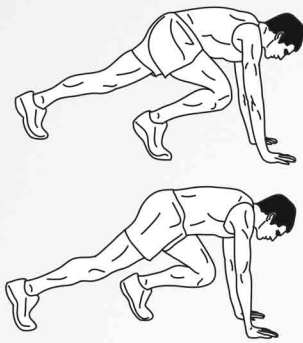


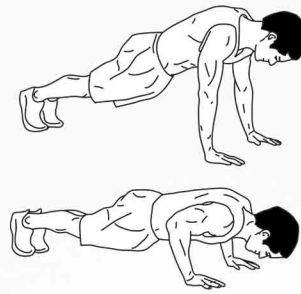
DRAGON SLAYER

DAREBEE WORKOUT @ darebee.com

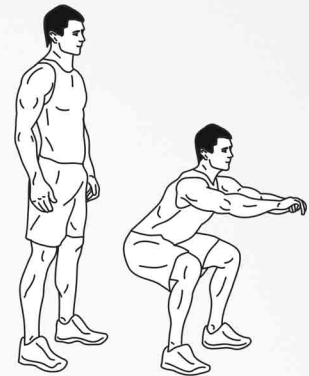
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



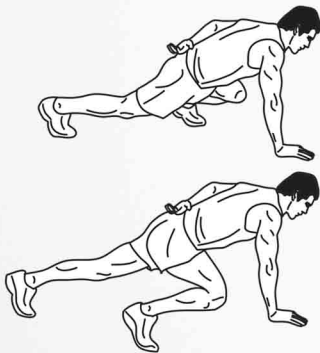
20 climbers



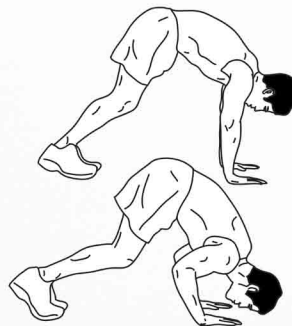
6 push-ups



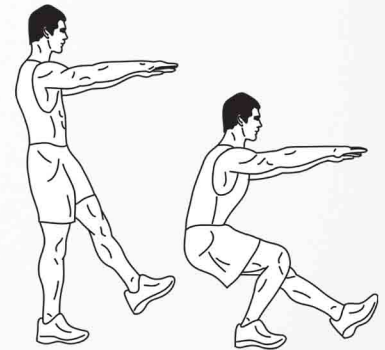
6 squats



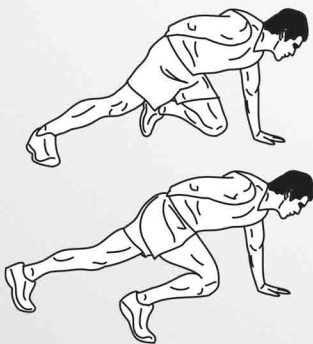
20 one arm climbers



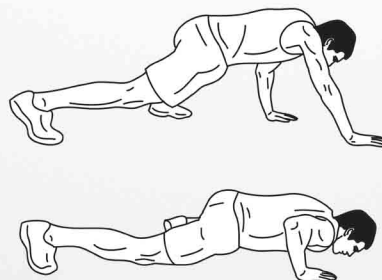
6 pike push-ups



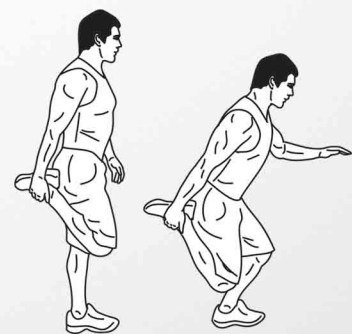
6 pistol squats



20 one arm climbers



6 dragon push-ups



6 shrimp squats