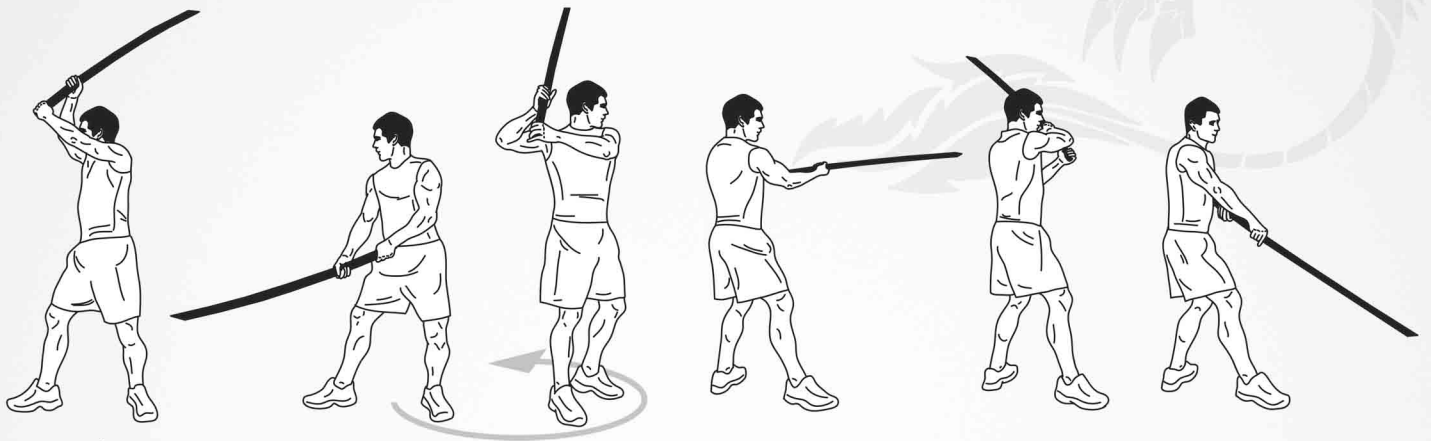


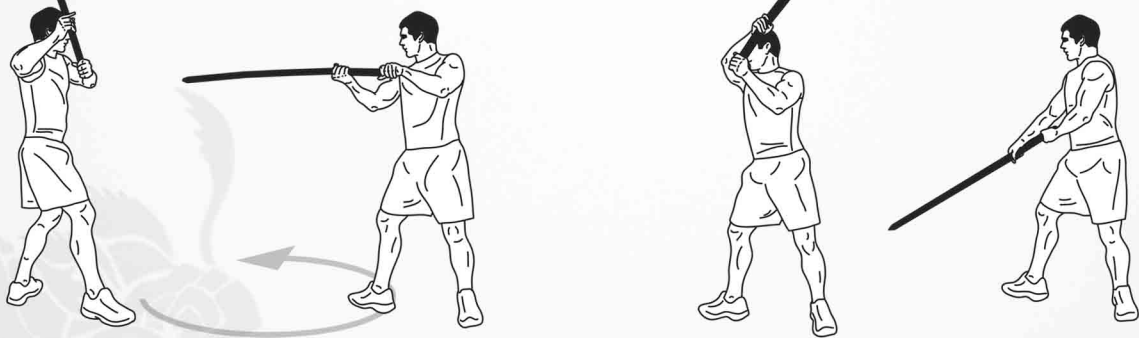
DANCE WITH DRAGONS

DAREBEE WORKOUT @ darebee.com

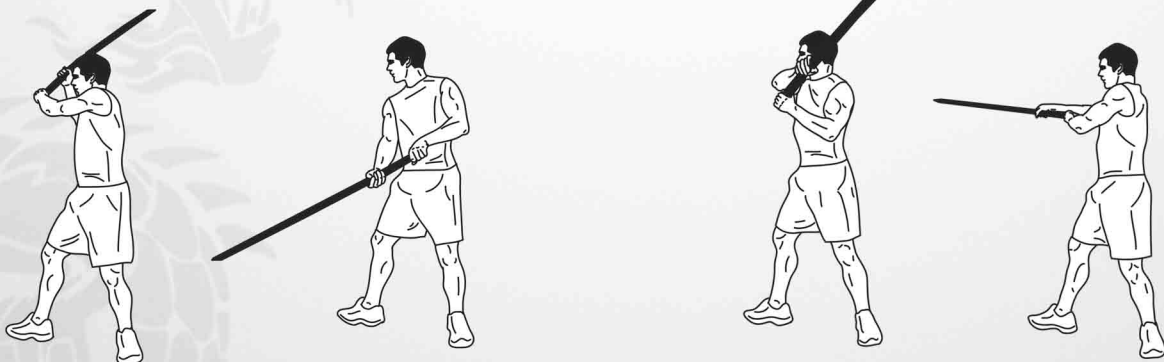
repeat the combo LEVEL I 20 times LEVEL II 30 times LEVEL III 40 times



1. vertical cut + 2. 180° twist + horizontal cut + 3. cross cut +



4. 180° twist + horizontal cut + 5. cross cut +



6. cross cut + 7. horizontal cut