

Dragon Knight

DAREBEE WORKOUT
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LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

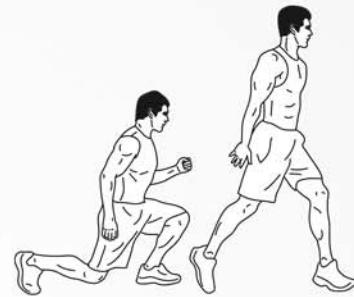
REST up to 2 minutes



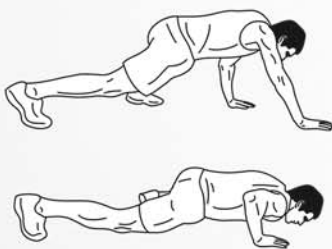
20 lunges



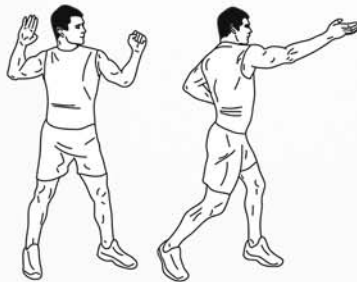
20 knee strikes



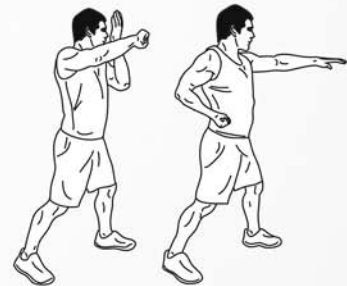
20 jumping lunges



20 dragon push-ups



20 knife hand strikes



20 outward knife h/ strikes



20 sit-ups



20 sitting twists



20-count hollow hold