

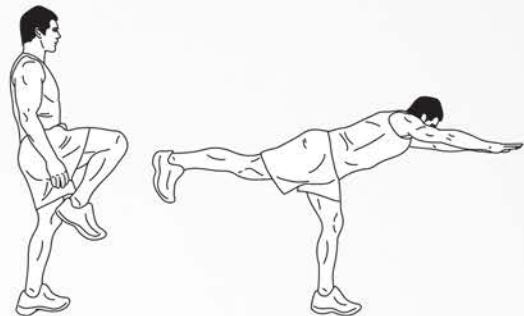
DRAGON LORD

DAREBEE WORKOUT @ darebee.com

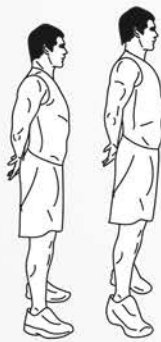
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 lunges



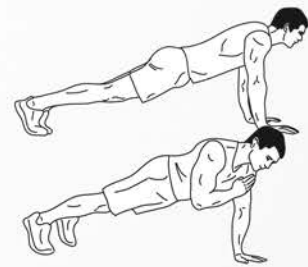
10 single leg deadlifts



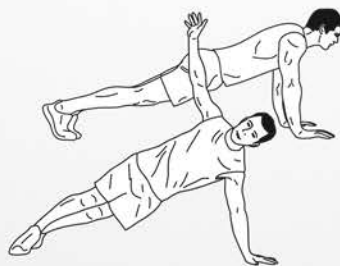
8 calf raises



8 dragon push-ups



20 shoulder taps



10 plank rotations