

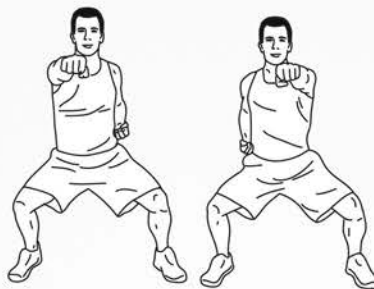
DRAGONRIDER

DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



10-count squat hold



30 squat hold punches



10-count squat hold



5 jump squats



10-count squat hold



5 jump squats



10-count squat hold