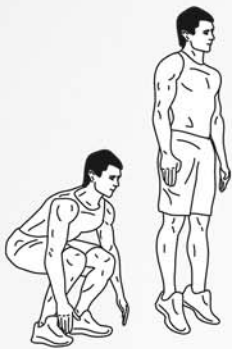


HOLLOW KNIGHT

DAREBEE WORKOUT @ darebee.com

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



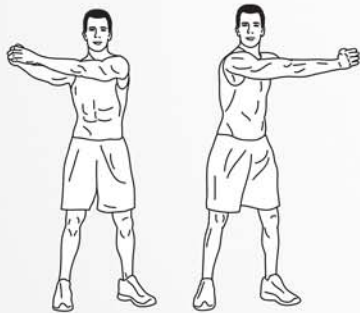
4 jump squats



10-count squat hold



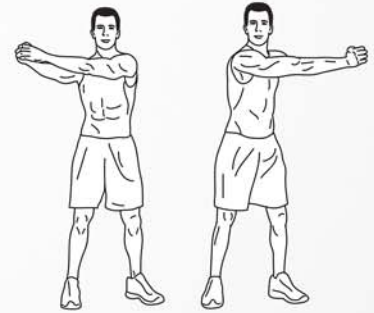
4 jump squats



20 side-to-side chops



4 jump squats



20 side-to-side chops



10-count squat hold