

Mistborn

DAREBEE WORKOUT @ darebee.com

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



6 jumping lunges



10 twists



20 palm strikes



6 jumping lunges



10 knee strikes



20 backfists



6 jumping lunges



10 sit-up punches



20 sitting punches