

Ninja PRINCESS

DAREBEE WORKOUT @ darebee.com

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



10 knee strikes



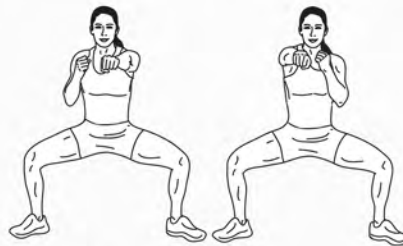
20 punches



10 side lunges



10-count tree pose hold



20 squat hold punches



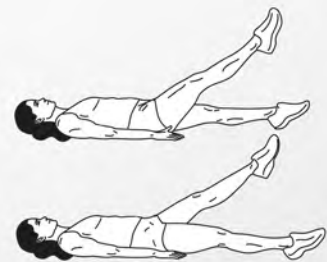
10-count tree pose hold



10 crunch kicks



20 sitting punches



10 flutter kicks