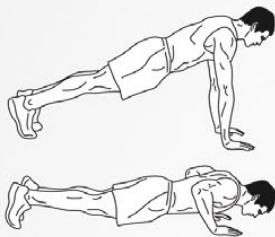


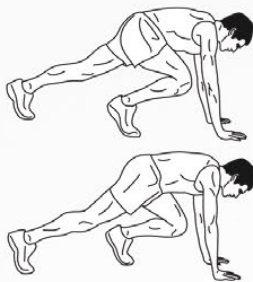
NINJA SPEED

DAREBEE WORKOUT @ darebee.com

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



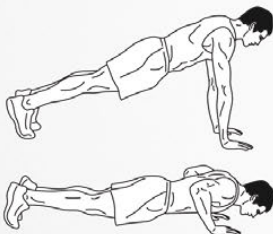
4 push-ups



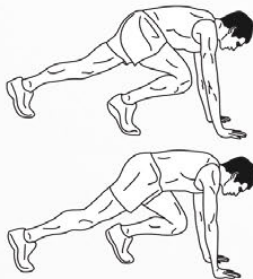
20 climbers



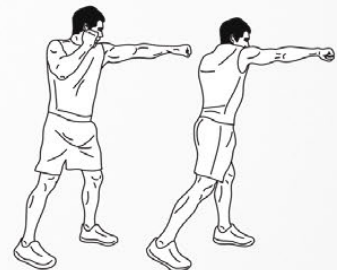
20 high knees



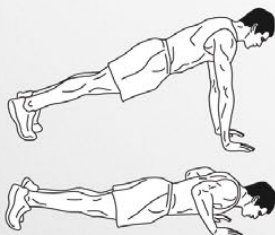
4 push-ups



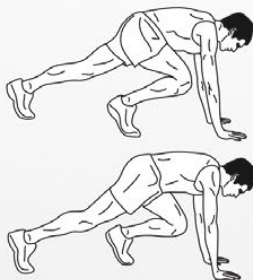
20 climbers



20 punches



4 push-ups



20 climbers



20 side kicks