

NINJAS

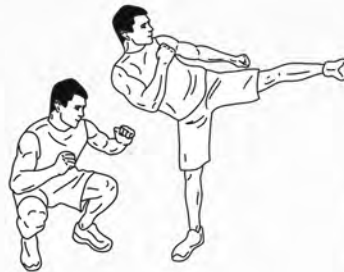
DAREBEE WORKOUT @ darebee.com



2 minutes rest
between ninjas



10 side kicks



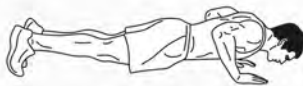
10 squat + side kick



20 squat hold punches



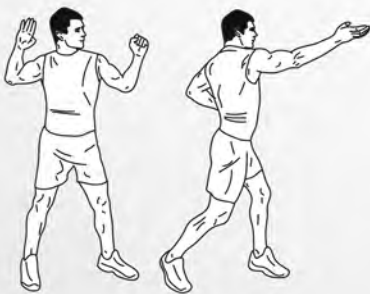
2 push-ups



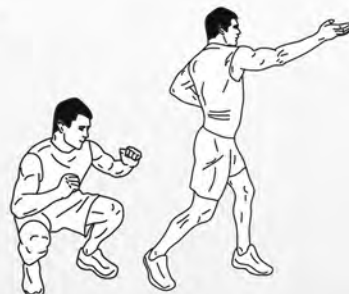
10-count push-up hold



2 push-ups



10 knife hand strikes



10 squat + knife hand strikes



20 squat hold punches