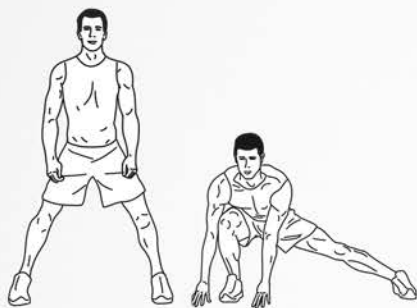


STEEL DRAGON

DAREBEE WORKOUT @ darebee.com

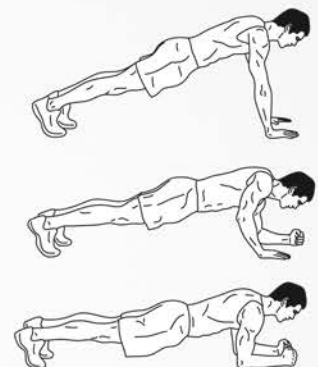
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



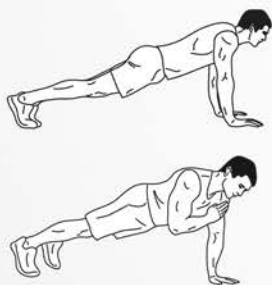
10 deep side lunges



10 split lunges



6 up & down planks



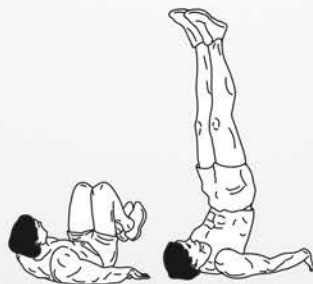
10 shoulder taps



6 dragon push-ups



10 reverse angels



6 butt-ups