

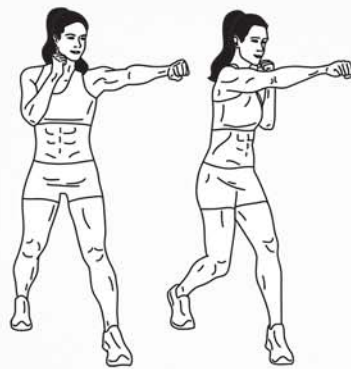
TRIPITAKA

DAREBEE WORKOUT @ darebee.com

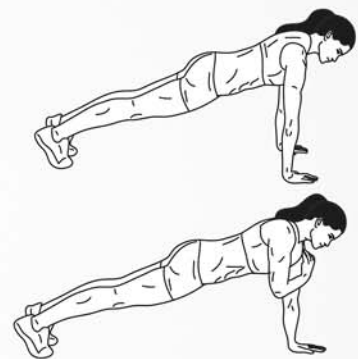
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



14 side lunges



24 punches



14 shoulder taps



14 reverse plank back kicks



14 bridge taps



14 half wipers