

# Karakterark for: \_\_\_\_\_

## Din historie:

Blank area for writing the player's history.

## Kort over ruten:



## Erfaring:


Udfyld et felt for hvert gennemført eventyr + et felt for hvert ekstra level de blev udført på.  
*\*Gør noget med det (Insta/Facebook??), når det er opfyldt\**

## Guldmønter:


## Udstyr:

Blank area for listing equipment.

# DEMON SLAYER

DAREBEE WORKOUT

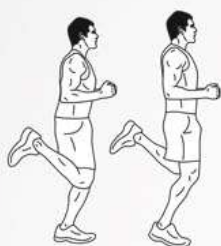
@ [darebee.com](https://darebee.com)

LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

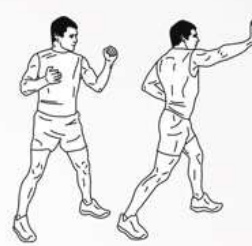
REST up to 2 minutes



**20** butt kicks



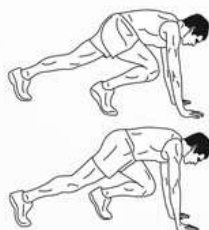
**10** knee strikes



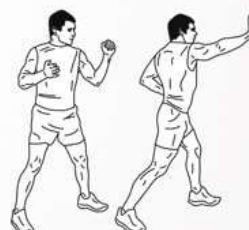
**20** palm strikes



**4** side-to-side lunges



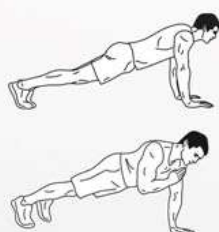
**10** climbers



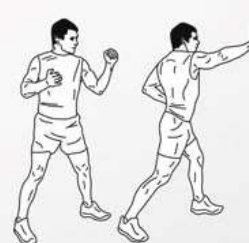
**20** palm strikes



**20** bounce on the spot



**10** shoulder taps



**20** palm strikes