



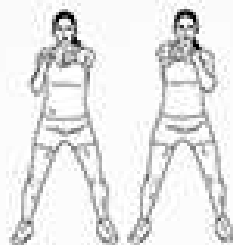
# ninja PRINCESS

DAREBEE WORKOUT © [darebee.com](http://darebee.com)

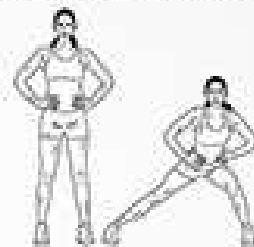
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10 knee strikes



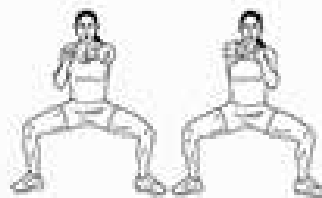
20 punches



10 side lunges



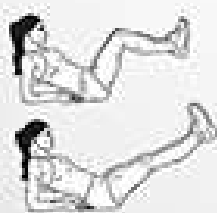
10-count tree pose hold



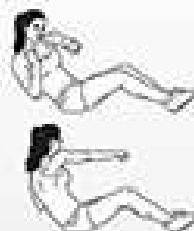
20 squat hold punches



10-count tree pose hold



10 crunch kicks



20 siting punches



10 flutter kicks