

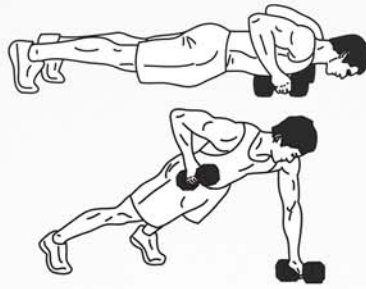
BERSERKER+

DAREBEE WORKOUT @ darebee.com

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



20 squats



10 renegade rows



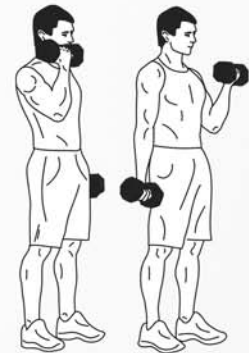
20 squats



10 walk-out + shoulder tap



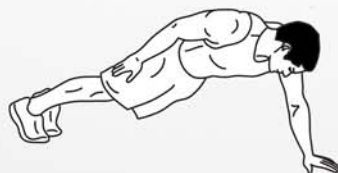
20 squats



10 alt bicep curls



20sec elbow plank



20sec one arm plank



20sec side plank