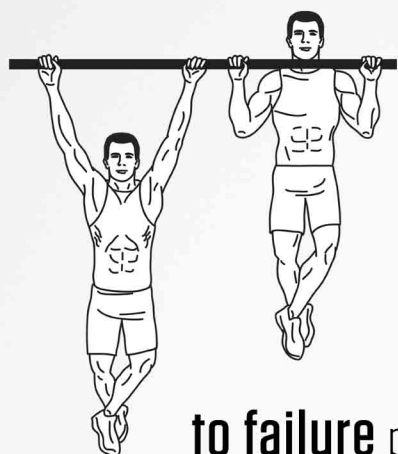


# DEATHSTROKE

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

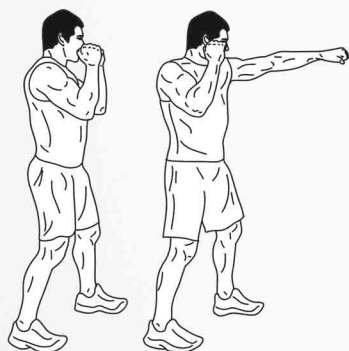
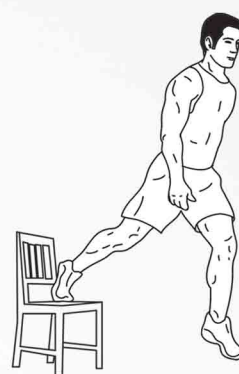
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



**to failure** pull-ups



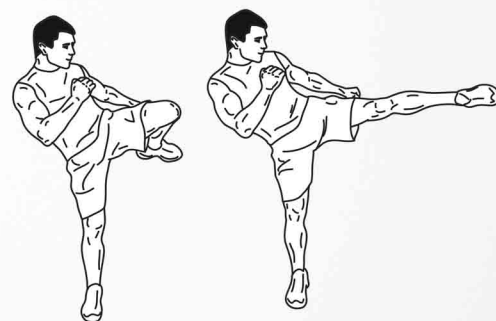
**10** split lunges



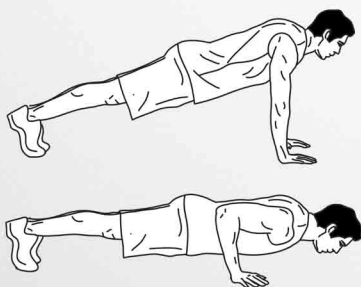
**40** punches



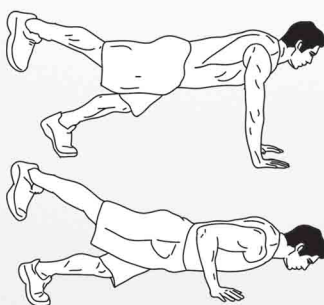
**20** knee strikes



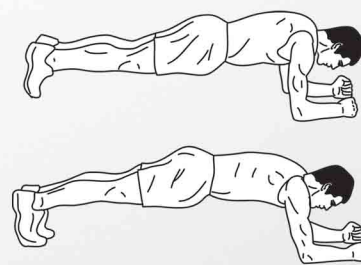
**20** turning kicks



**10** push-ups



**10** raised leg push-ups



**10** body saw