

HERO'S CALL

DAREBEE WORKOUT @ darebee.com

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



20 squats



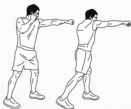
20 high knees



20 climbers



5 push-ups



20 punches



20 overhead punches



5 plank walk-outs