

KING OF THE HILL

DAREBEE WORKOUT
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LEVEL I 3 sets

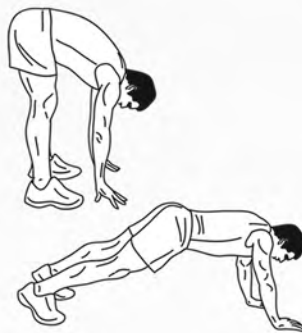
LEVEL II 5 sets

LEVEL III 7 sets

REST up to 2 minutes



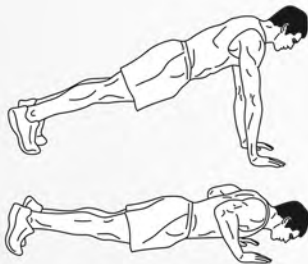
20 squats



5 plank walk-outs



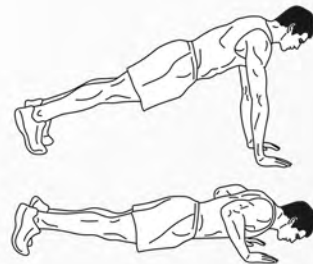
20 lunge step-ups



5 push-ups



20 calf raises



5 push-ups



20-count plank



20-count one-arm plank



20-count raised leg hold