

# OLYMPIAN

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

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets

up to 2 minutes rest between sets

**extra credit:** Finish each set with maximum pull-ups



**10** jumping lunges



**10** jump squats



**15-count** squat hold



**15** push-ups



**30** shoulder taps



**15-count** plank hold



**10** climbers