

# ASGARDIAN

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

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



20 squats



20 punches



20 squat hold punches



20 calf raises



20 lunge punches



20 push-ups



20 shoulder taps