

# MONK

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

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



**10-count** squat hold



**30** squat hold punches



**10-count** squat hold



**10** cossack squats / right side



**10** cossack squats / left side



**30** punches