

# WARRIOR

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

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



**30** split lunges



**10** calf raises



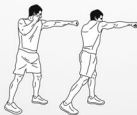
**10** plank walk-outs



**30** shoulder taps



**max** push-ups



**30** punches