

IRON MAIDEN

DAREBEE WORKOUT © darebee.com

LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



20 squats



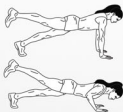
4 push-ups



20 punches



20 lunge step-ups



4 raised leg push-ups



20 punches