

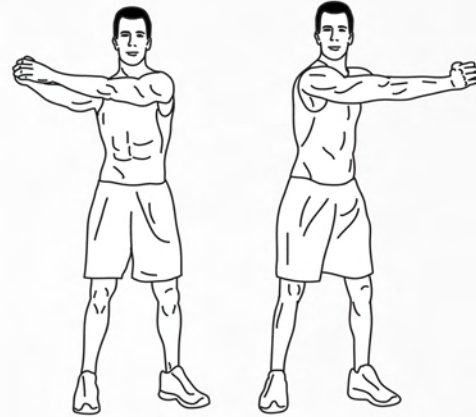
ZOMBIE

DAREBEE **HIT** WORKOUT @ darebee.com

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



20sec high knees



20sec side-to-side chops

CAN BE DONE WITH A KATANA



20sec "1-2-3" count high knees + squat