ASSASSIN’S
WORKOUT

DAREBEE WORKOUT @ darebee.com

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

20 jumping Ts

3 combos: 20 high knees + 2 jump squats

10-count plank

10 push-ups

10 plank jump-ins

20-count wide leg plank

20 climbers

20-count wall-sit