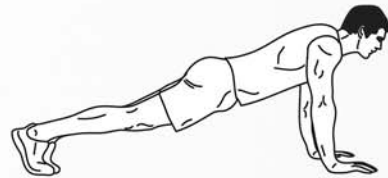
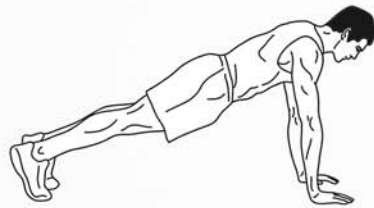


# BAT OUT OF HELL

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

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets

2 minutes rest between sets



**40** high knees

**4** push-ups

**40** high knees

**4** basic burpees w/ jump

**40** high knees

**4** push-ups

**40** high knees

**4** basic burpees w/ jump

done