

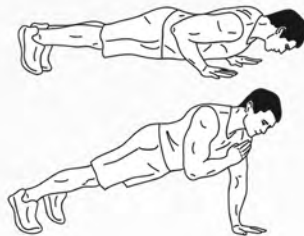
BERSERKER

DAREBEE WORKOUT @ darebee.com

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



10 squats



4 push-up + shoulder tap



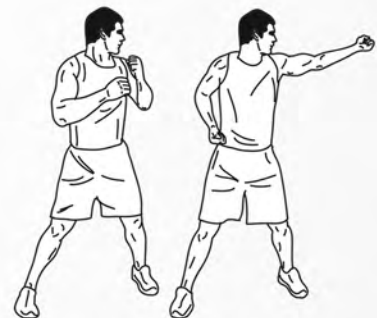
10 squats



4 walk-out + shoulder tap



10 squats



20 backfists



20sec elbow plank



20sec one arm plank



20sec side plank