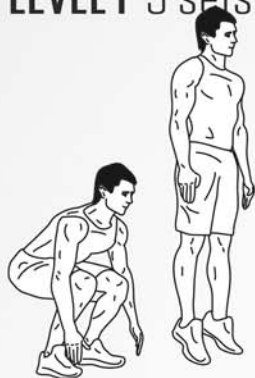


# COLOSSUS

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

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



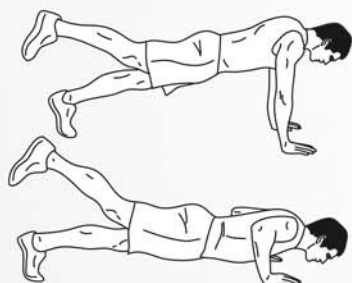
**10** jump squats



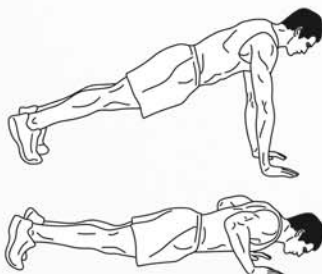
**10** squats



**10-count** squat hold



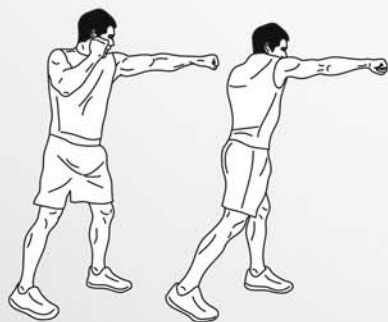
**10** raised leg push-ups



**10** push-ups



**10-count** push-up hold



**40** punches



**10** sit-up punches



**10** sitting punches