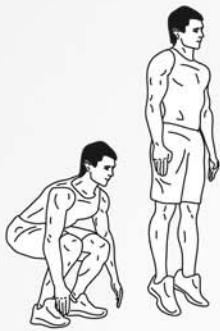


# DARKSIDER

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

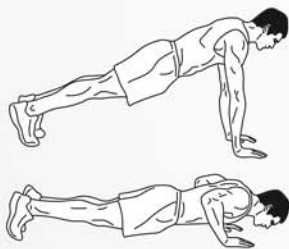
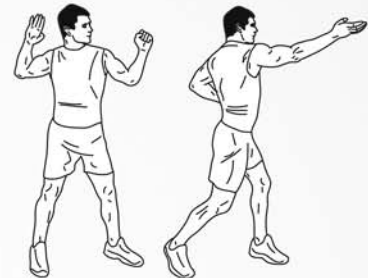
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



**10** jump squats



**20 combos** squat + knife hand strike



**10** push-ups



**10** plank rotations



**20** overhead punches



**20** crunches



**10-count** hollow hold



**10** reverse angels