

# GLADIATOR

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 lunges



4 jumping lunges



10 squats



10 shoulder taps



10 slow climbers



4 push-ups



4 up and down planks