

# HELL DIVER

DAREBEE WORKOUT  
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Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest



20 high knees



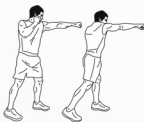
20 jumping jacks



2+ push-ups



20 high knees



20 punches



2+ push-ups



20 high knees



2+ basic burpees



2+ push-ups