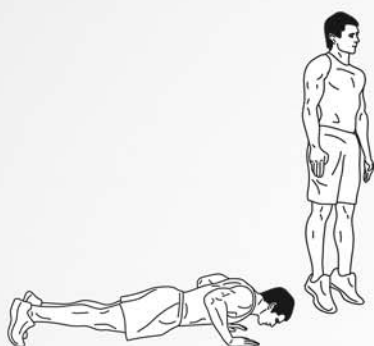


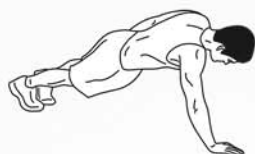
HELL, UNLEASHED

DAREBEE **HIT** WORKOUT @ darebee.com

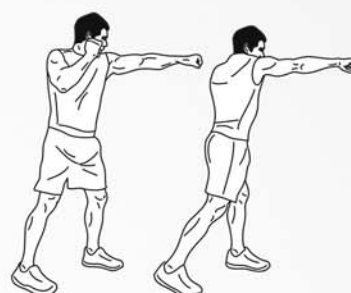
Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



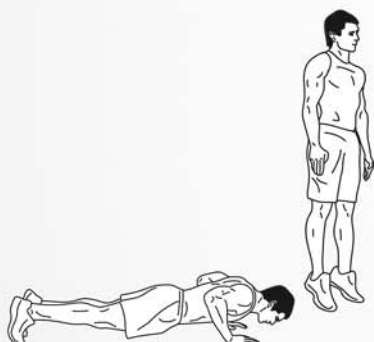
20sec burpees



20sec one-arm plank (right)



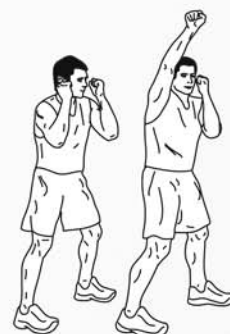
40sec punches



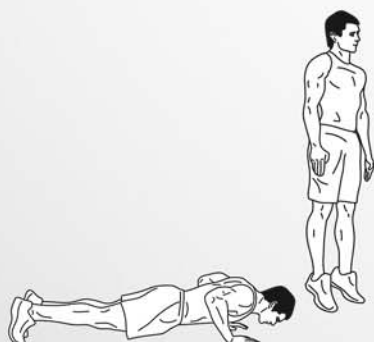
20sec burpees



20sec push-ups



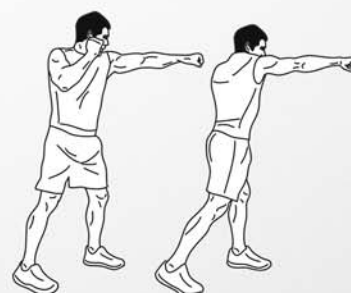
40sec overhead punches



20sec burpees



20sec one-arm plank (left)



40sec punches