

HUNTER+

DAREBEE WORKOUT © darebee.com

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



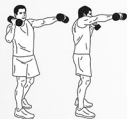
10 lunges



10 archer lunges



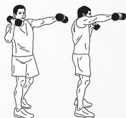
10 squats



10 punches



5+ push-ups



10 punches



10 climbers



10-count plank



10-count elbow plank