

# HUNTER+

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

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



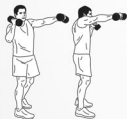
10 lunges



20 archer lunges



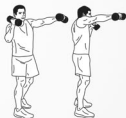
20 squats



20 punches



10 push-ups



20 punches



10 climbers



20-count plank



20-count elbow plank