

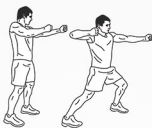
# HUNTER

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

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



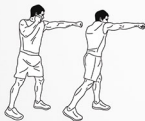
20 lunges



20 archer lunges



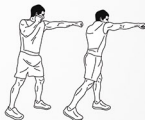
20 squats



20 punches



5+ push-ups



20 punches



20 climbers



10-count plank



10-count elbow plank