

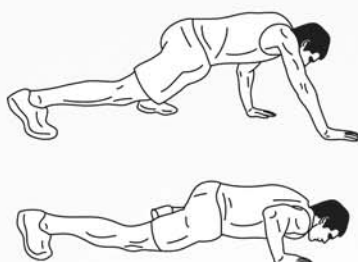
# RELEASE THE KRAKEN

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

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



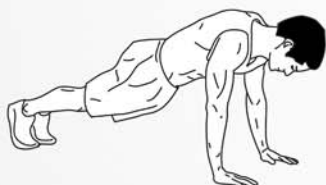
**20** squats



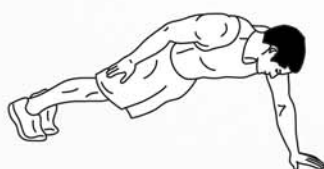
**6** dragon push-ups



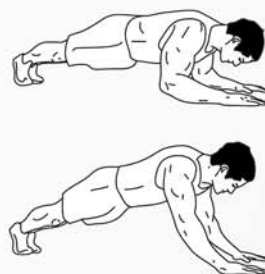
**20** squats step-ups



**20-count** plank



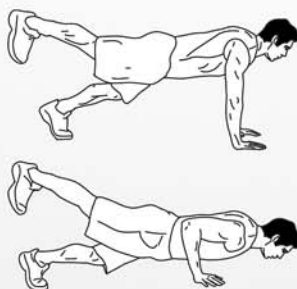
**20-count** one arm plank



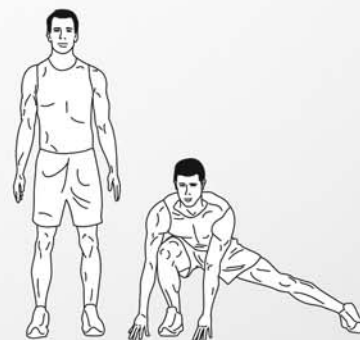
**6** tricep extensions



**20** lunges



**6** raised leg push-ups



**20** deep side lunges