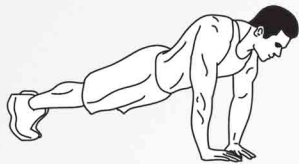


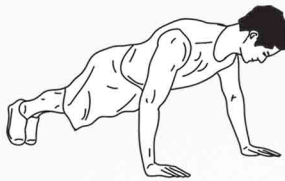
# KRATOS

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

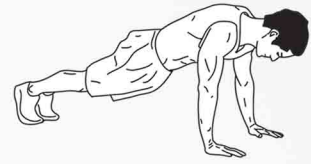
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



**4** close grip push-ups



**10** wide grip push-ups



**4** cross body push-ups



**20** knee-to-elbow crunches



**20** flutter kicks



**10** reverse crunches



**to failure**  
chin-ups



**to failure**  
pull-ups

