

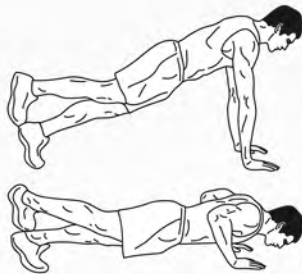
LUMBER JACK

DAREBEE WORKOUT @ darebee.com

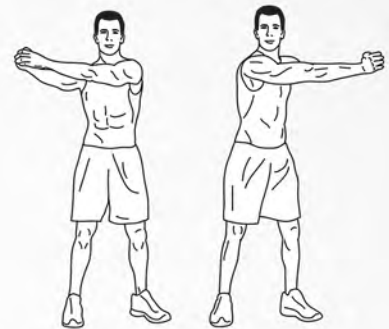
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



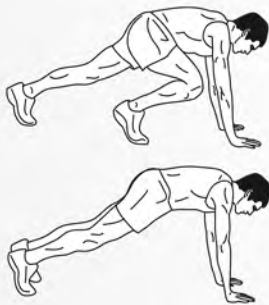
20 lunges



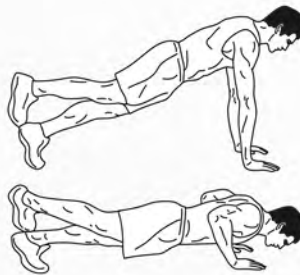
10 stacked push-ups



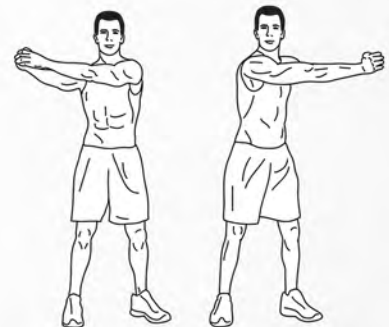
40 side-to-side chops



20 slow climbers



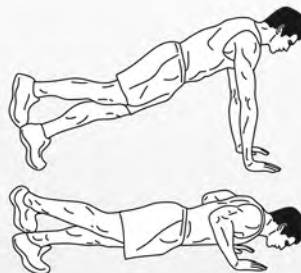
10 stacked push-ups



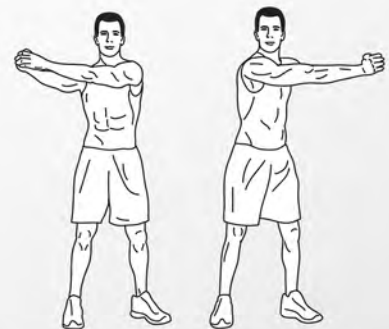
40 side-to-side chops



20 squats



10 stacked push-ups



40 side-to-side chops