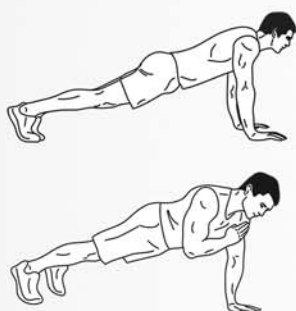


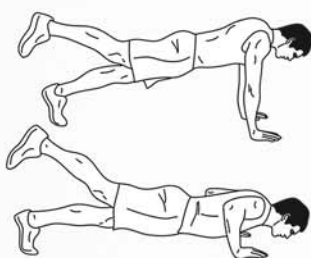
# MONSTER HUNTER

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

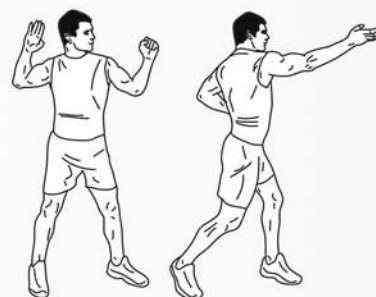
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



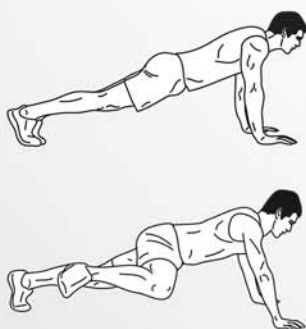
**20** shoulder taps



**6** raised leg push-ups



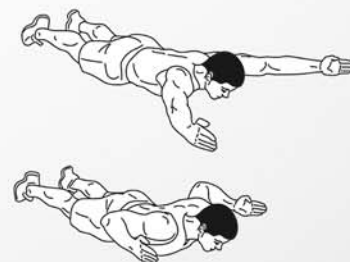
**20** knife-hand strikes



**6** plank crunches



**6** plank rotations



**20** W-extensions