

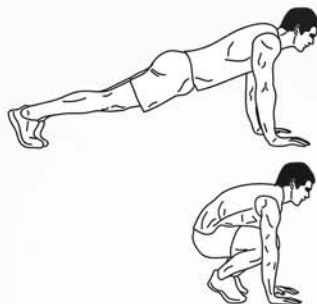
THE WRATH OF ODIN

DAREBEE WORKOUT @ darebee.com

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



10 squats



2 plank jump-ins



2 jump squats



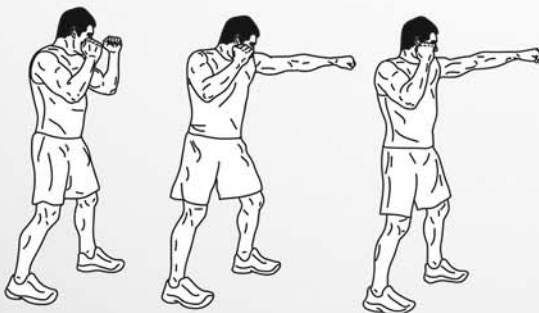
10-count hold



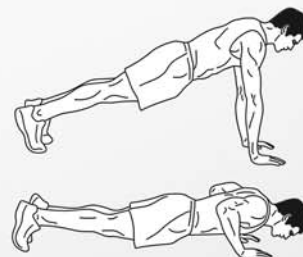
10-count hold



10-count hold



20 punches



10 push-ups