

# Orc

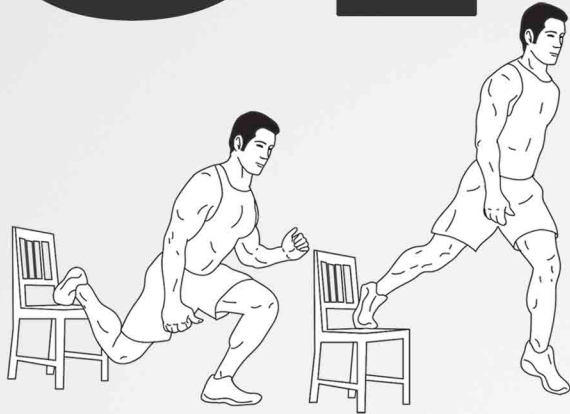
DAREBEE WORKOUT  
@ [darebee.com](http://darebee.com)

LEVEL I 3 sets

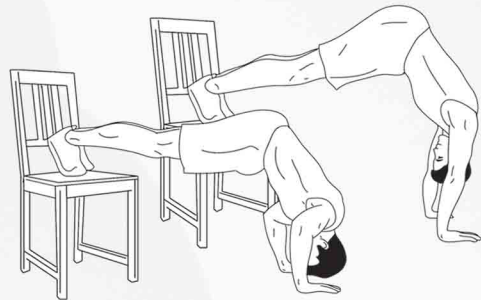
LEVEL II 5 sets

LEVEL III 7 sets

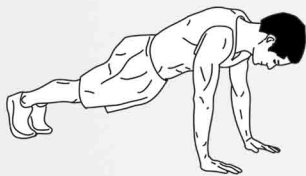
REST up to 2 minutes



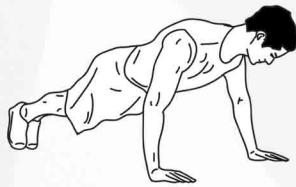
20 split squats



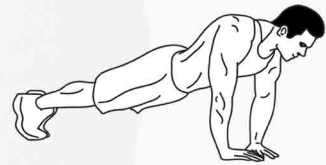
6 pike shoulder presses



10 push-ups



4 wide grip push-ups



4 close grip push-ups



20sec leg hold



20 towel bicep curls

