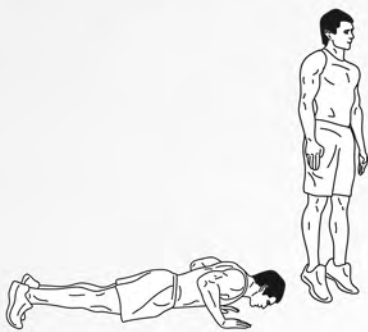


# OVERKILL

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

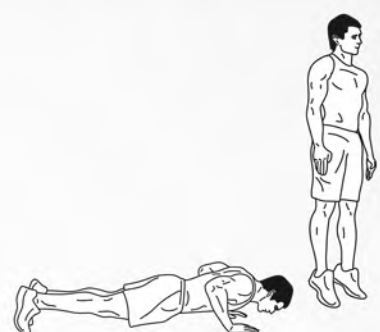
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



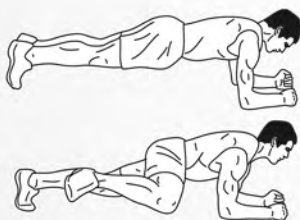
4 burpees



10 plank rotations



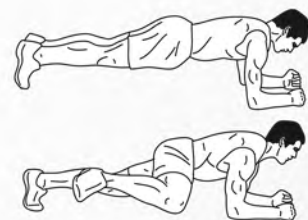
4 burpees



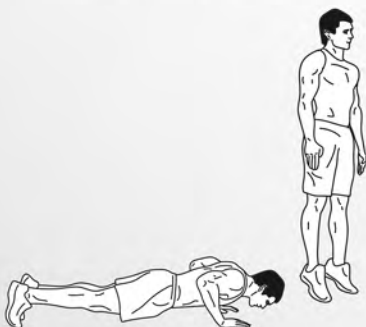
10 plank crunches



4 burpees



10 plank crunches



4 burpees



10 plank rotations



4 burpees