

RAVAGER

DAREBEE WORKOUT @ darebee.com

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



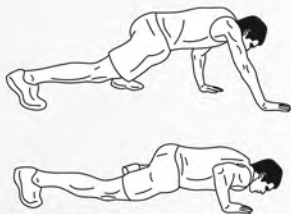
10 lunges



20 squats



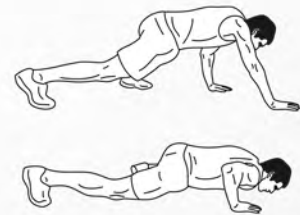
10 lunges



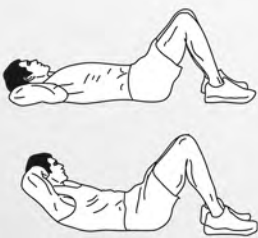
10 dragon push-ups



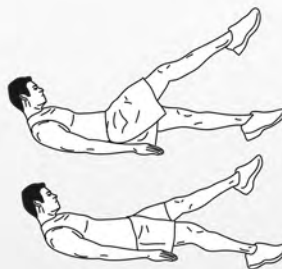
20 overhead punches



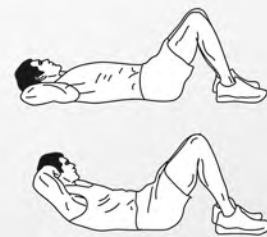
10 dragon push-ups



10 crunches



20 flutter kicks



10 crunches