

# RENEGADE WARRIOR

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

LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



20 punches



20 plank punches



20 punches



20 shoulder taps



20 overhead punches



20 shoulder taps



20 plank punches