

# SUPERHERO IN TRAINING

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

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



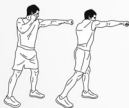
10 lunges



10 calf raises



10 lunges



20 punches



10 squats



20 punches



to fatigue push-ups