

# V I K I N G

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

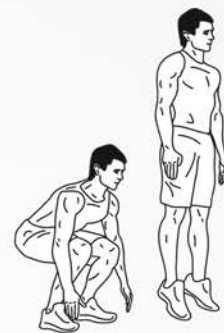
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 squats



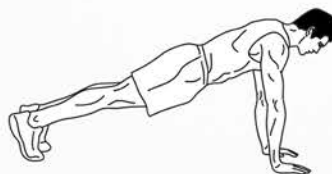
20-count squat hold



2 jump squats



10 push-ups



20-count plank hold



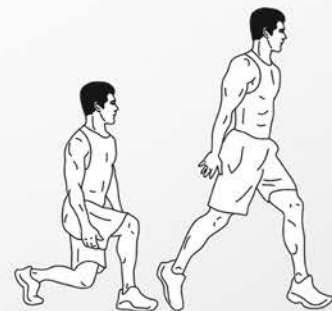
2 power push-ups



20 lunges



20-count deep lunge hold



2 jumping lunges