

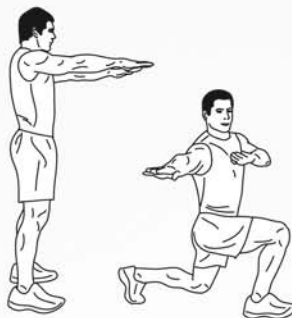
Warlord

DAREBEE WORKOUT @ darebee.com

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



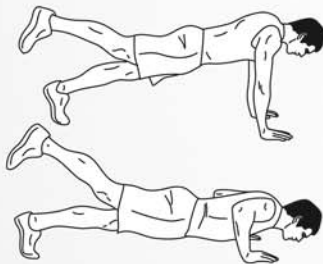
20 lunges



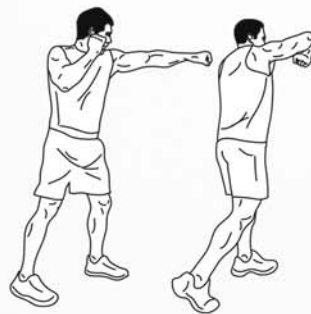
20 twisting lunges



10 side-to-side lunges



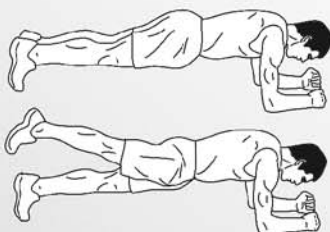
10 raised leg push-ups



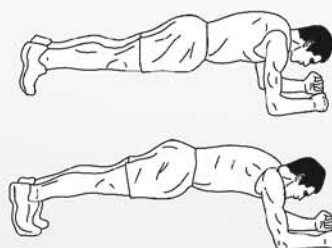
20 jab + hook combo



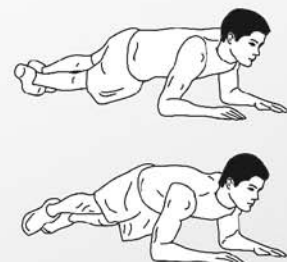
20 speed bag punches



20 plank leg raises



20 body saw



20 plank rolls