

APEX PREDATOR

DAREBEE WORKOUT @ darebee.com

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



10 wide grip push-ups



10 slow climbers



20sec uneven plank



10 ape hops



10 plank into lunges



10 side-to-side lunges



10 planks with rotations



10 sit-up punches



10 sitting twists