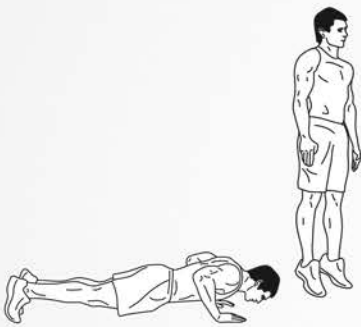


# ATTACK ON TITAN

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

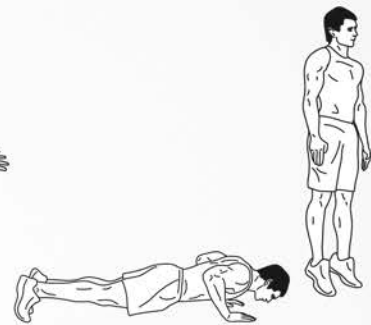
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



**10** burpees



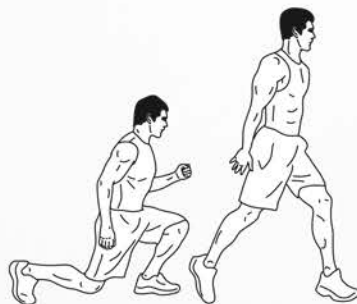
**4** side-to-side jumps



**10** burpees



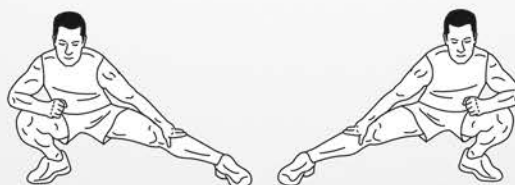
**4** side-to-side jumps



**10** jumping lunges



**4** side-to-side jumps



**10** deep side-to-side lunges