

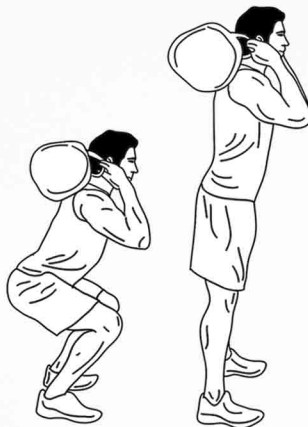
COMBAT MEDIC+

DAREBEE WORKOUT @ darebee.com

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



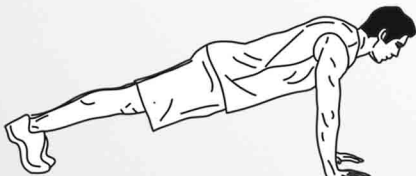
40 high knees



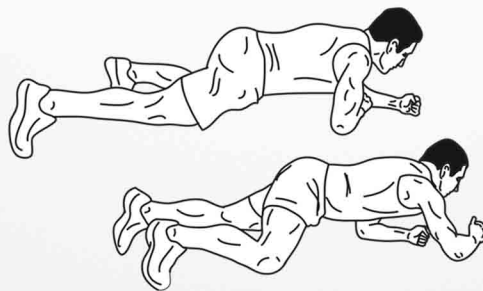
20 squats



10 steps duck walk



10 plank jump-ins



10 army crawl



10 push and drag