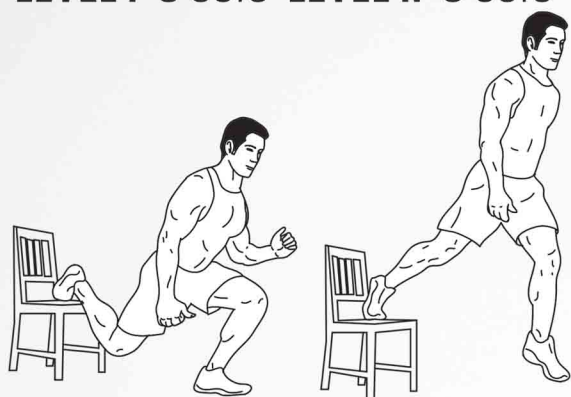


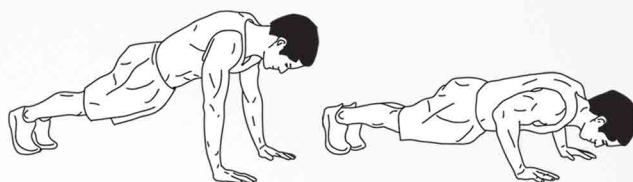
# CONAN

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

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



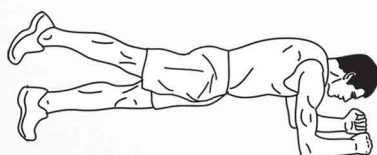
**20** split squats



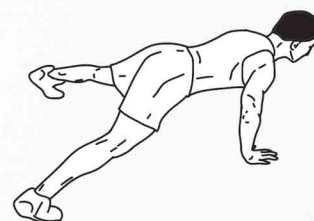
**to failure** push-ups



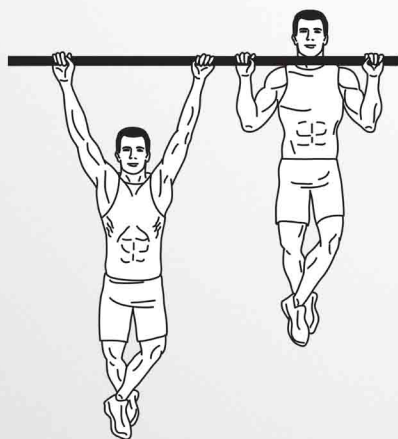
**20sec** elbow plank



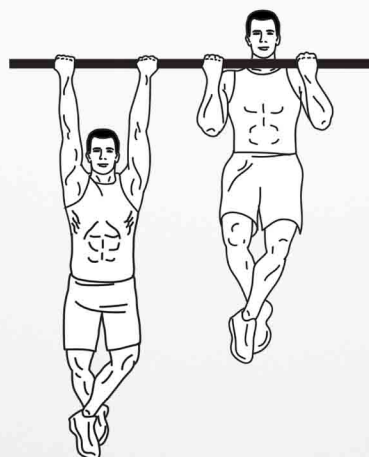
**40sec** raised leg plank



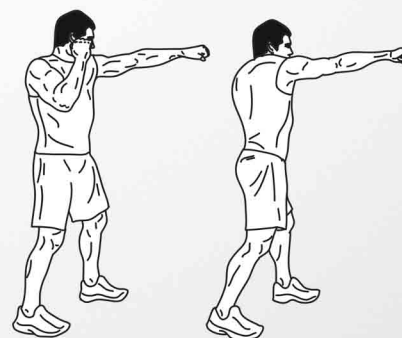
**20sec** wide leg plank



**to failure** pull-ups



**to failure** chin-ups



**20** punches