

ENEMY LINES+

DAREBEE WORKOUT

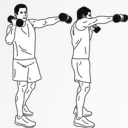
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LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

REST up to 2 minutes



20 punches



20 bicep curls



40 squats



10 push-ups



10 slow climbers



10 push-ups



20-count plank



20-count plank



20-count plank