

ENEMY LINES

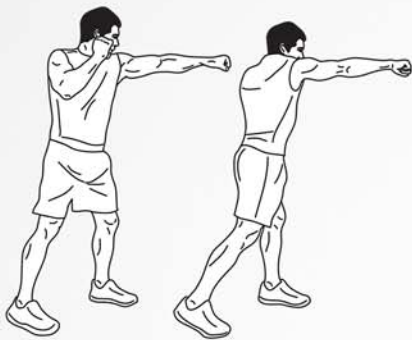
DAREBEE WORKOUT
@ darebee.com

LEVEL I 3 sets

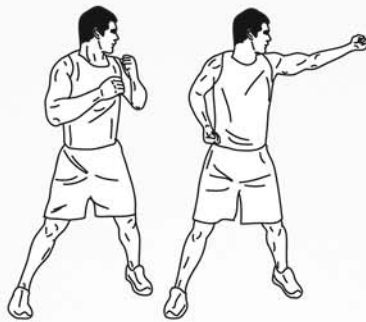
LEVEL II 5 sets

LEVEL III 7 sets

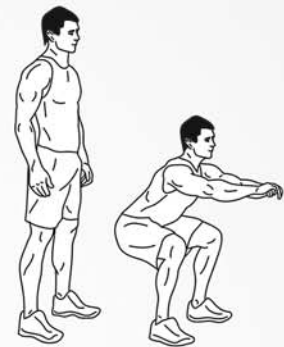
REST up to 2 minutes



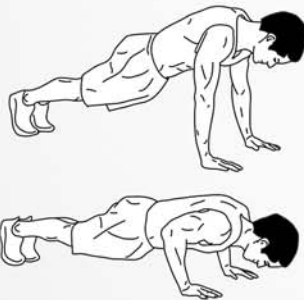
40 punches



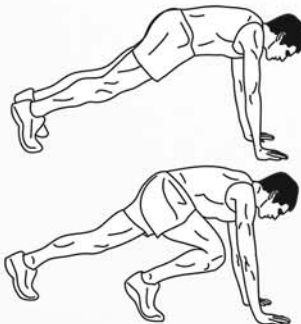
40 backfists



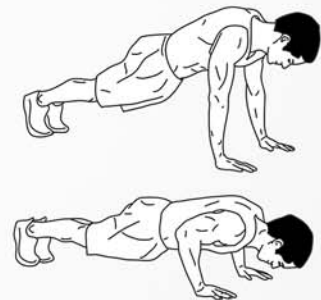
40 squats



10 push-ups



10 slow climbers



10 push-ups



20-count plank



20-count plank



20-count plank