

# Fisherman

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-count** wall sit



**10** push-ups



**20** shoulder taps



**10** plank rotations



**10** W-extensions



**10** prone reverse fly



**10** reverse angels