

GLADIATOR

GLADIUS EDITION

DAREBEE WORKOUT @ darebee.com

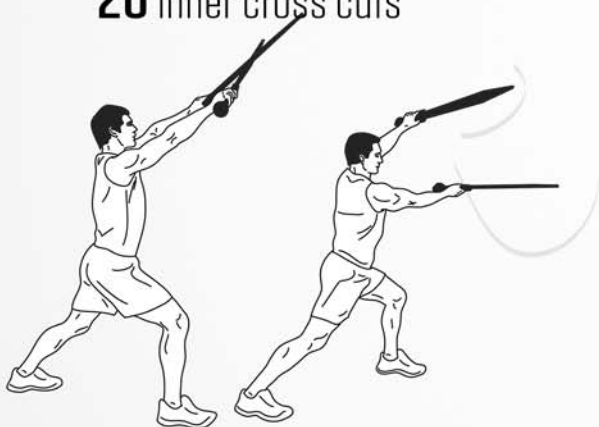
5 sets 2 minutes rest between sets



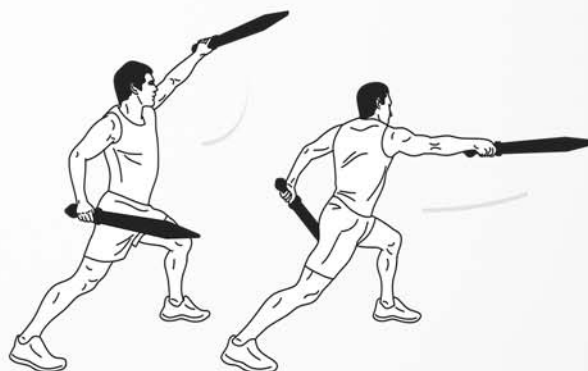
20 inner cross cuts



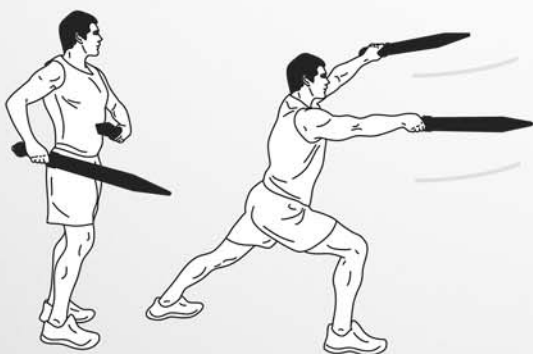
20 outward cross cuts



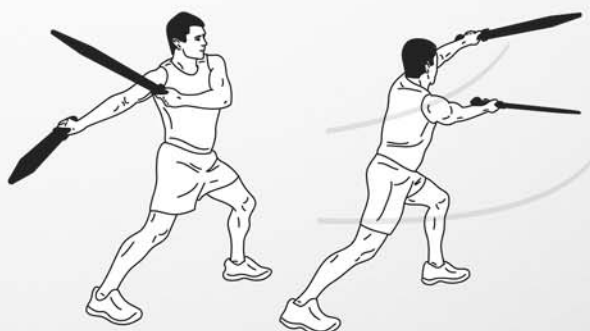
20combo block & horizontal cuts



20combo block & forward cut



20 double forward thrusts



20 full double horizontal cuts