

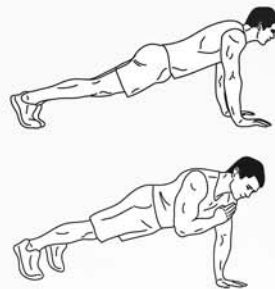
# HEADKNOCKER

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

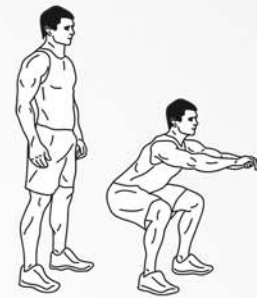
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets | up to 2 minutes rest



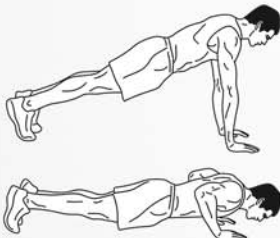
**20** squats



**10** shoulder taps



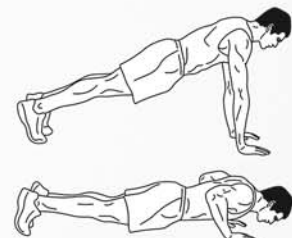
**20** squats



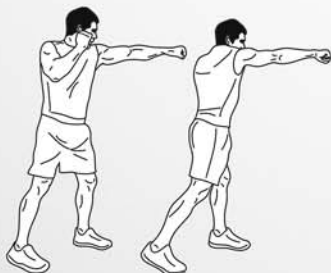
**10** push-ups



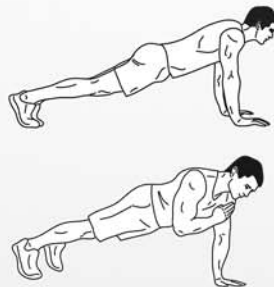
**10** plank rotations



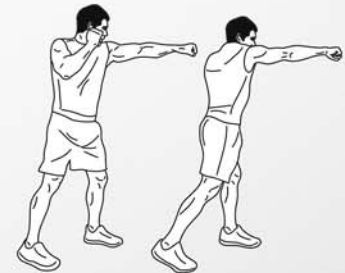
**10** push-ups



**20** punches



**10** shoulder taps



**20** punches