

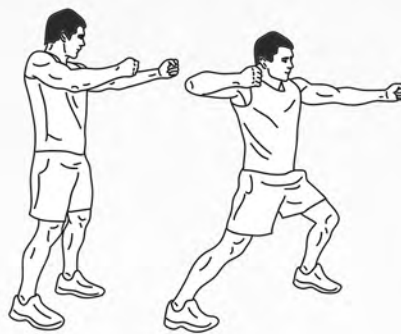
# HUNTER

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

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



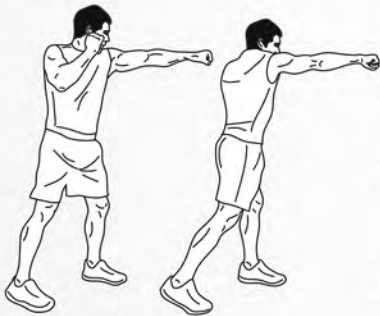
**10** lunges



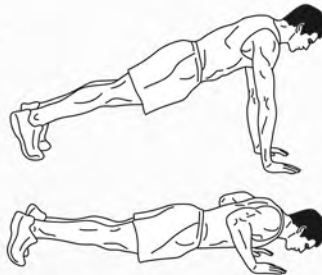
**20** archer lunges



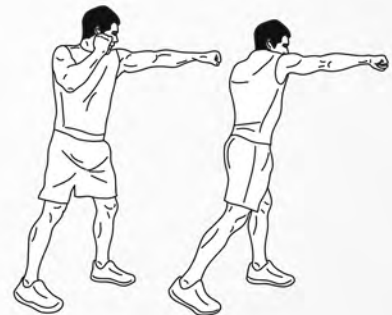
**20** squats



**40** punches



**10** push-ups



**40** punches



**10** climbers



**20-count** plank



**20-count** elbow plank