

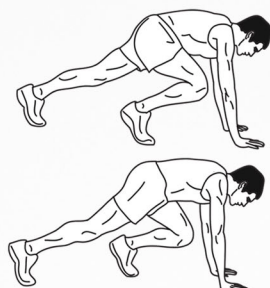
ITHILLEN RANGER

WORKOUT by @darebee.com

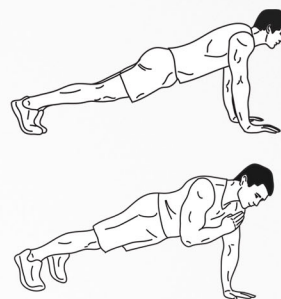
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



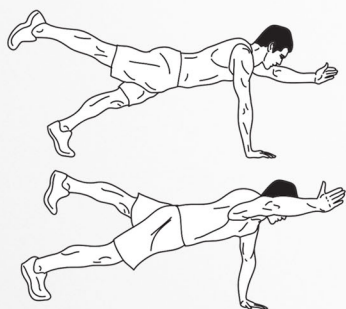
20 high knees



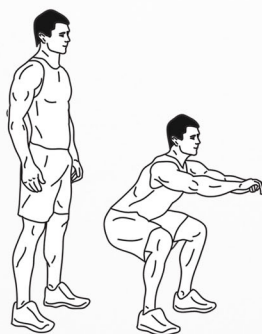
10 climbers



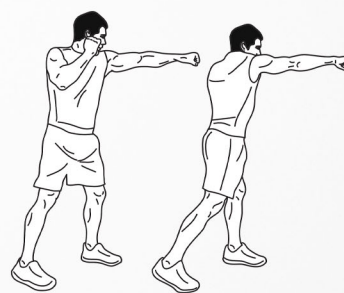
10 shoulder taps



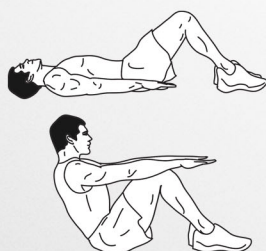
6 alt arm/leg raises



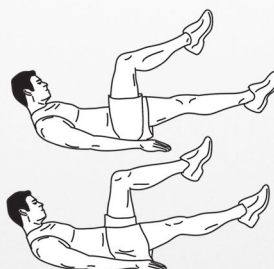
10 squats



20 punches



6 sit-ups



10 air bike crunches



10 sitting twists