

"ALWAYS DOES  
HIS REPS"

# LANNISTER

LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

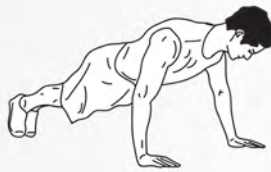
REST up to 2 minutes

TRIBUTE

WORKOUT

BY DAREBEE

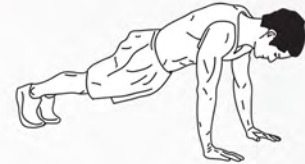
@ [darebee.com](http://darebee.com)



2 wide grip push-ups



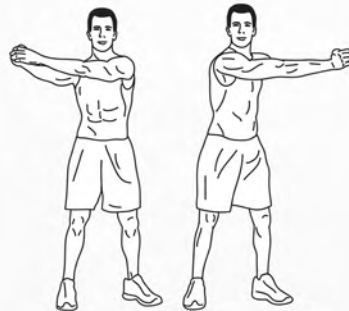
2 push-ups



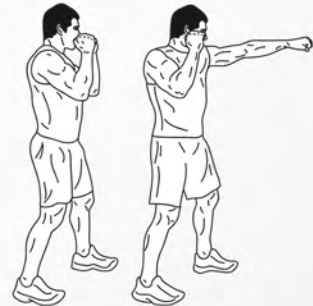
10 shoulder taps



10 climber taps



20 side chops



20 punches



4 up and down plank