

**STRENGTH
WORKOUT**

MINE CRAFTER

DAREBEE WORKOUT @ darebee.com

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



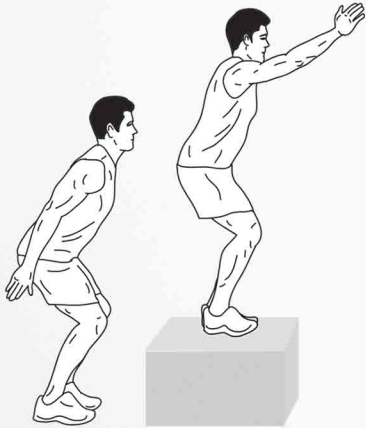
10 STEPS
BACK



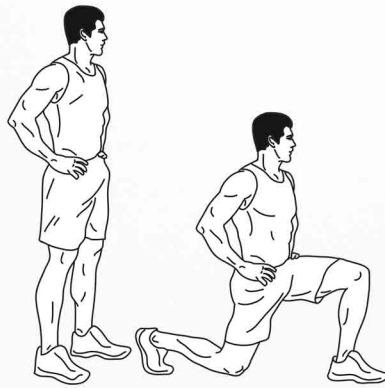
10 STEPS
FORWARD



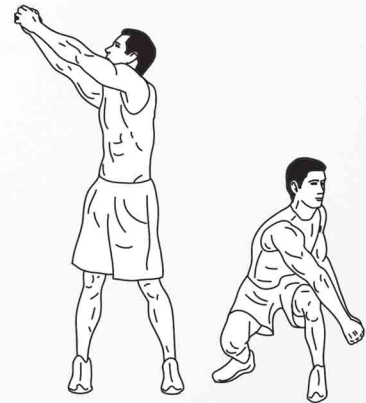
20 squat, lift, walk and repeat



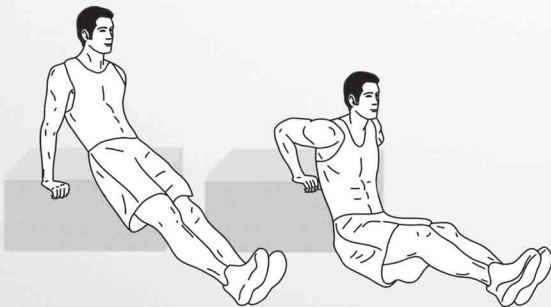
20 box jumps



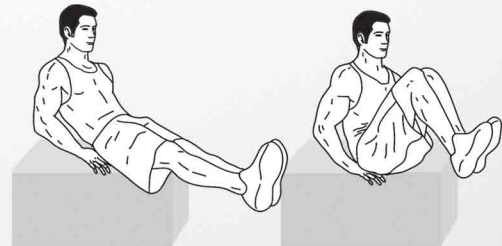
20 lunges



40 cross chops



20 tricep dips



10 leg pull-ins