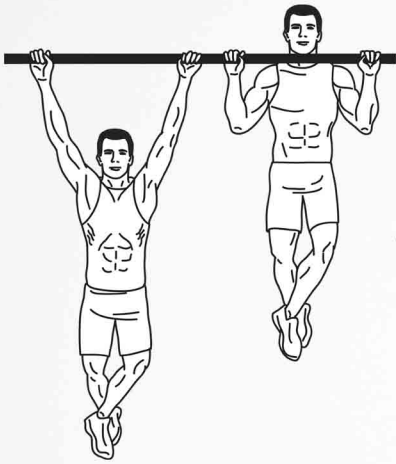


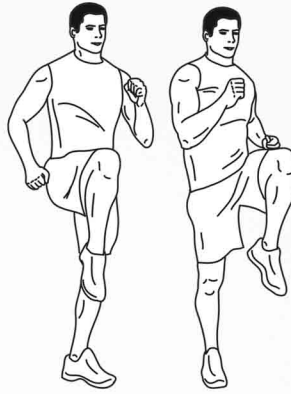
# NAVY SEAL

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

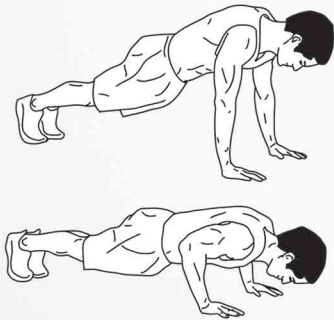
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



to failure  
pull-ups



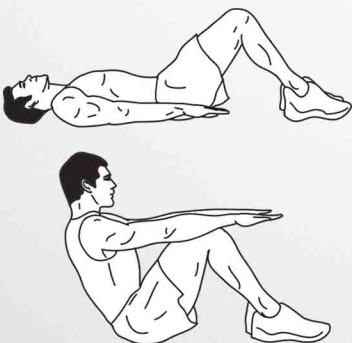
40 high knees  
run on a spot  
or 60 second run



to failure  
push-ups



40 high knees  
run on a spot  
or 60 second run



to failure  
sit-ups



40 high knees  
run on a spot  
or 60 second run