

NINJA WARRIOR

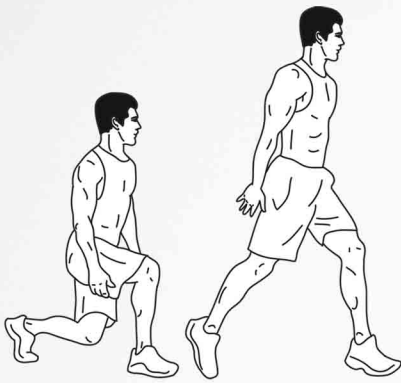
DAREBEE WORKOUT
@ darebee.com

LEVEL I 3 sets

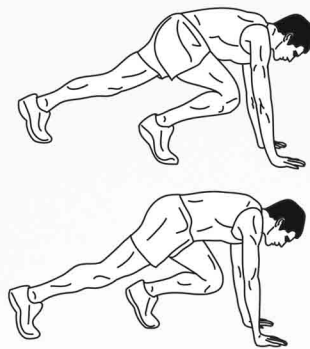
LEVEL II 5 sets

LEVEL III 7 sets

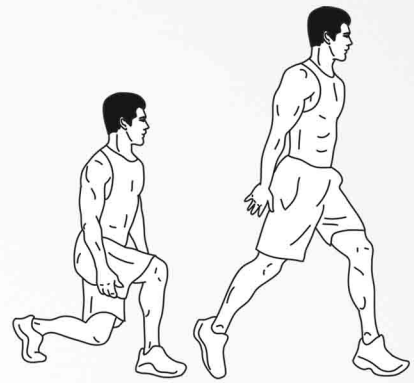
REST up to 2 minutes



20 jumping lunges



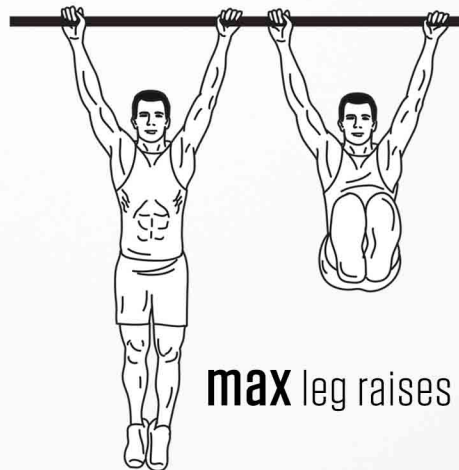
20 climbers



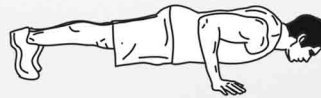
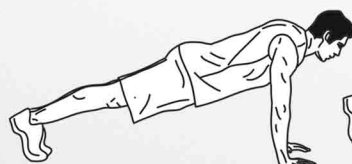
20 jumping lunges



max pull-ups



max leg raises



40 burpees with a push-up and a jump knee tuck