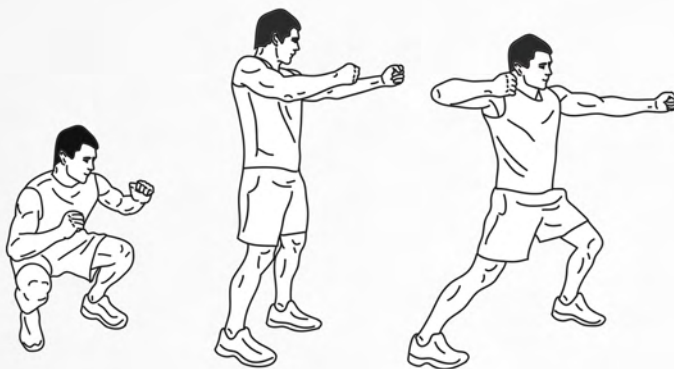


# ROBIN HOOD

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

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



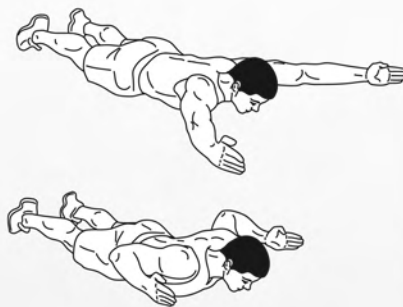
**20** combo squat + archer



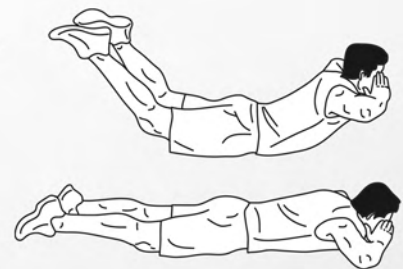
**10** staggered push-ups



**10** knee-to-elbow crunches



**20** W-extensions



**10** back extensions