

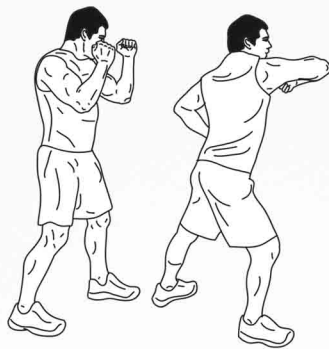
SOLID SNAKE

TRIBUTE WORKOUT BY DAREBEE @ darebee.com

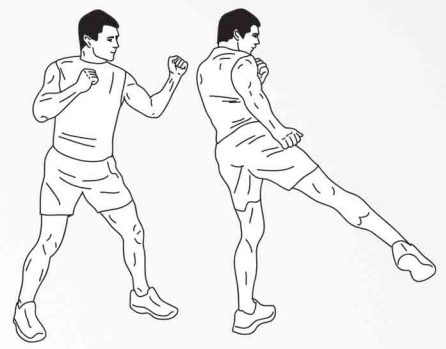
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



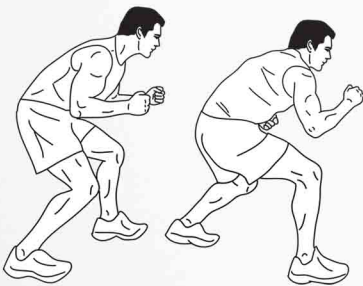
20 knee strikes



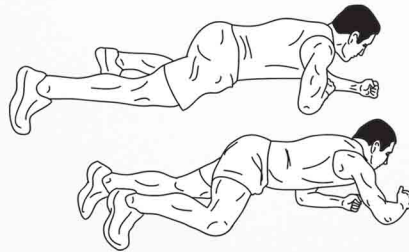
20 elbow strikes



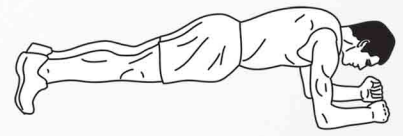
20 low turning kicks



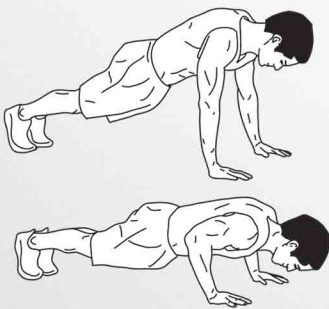
10steps half squat walk



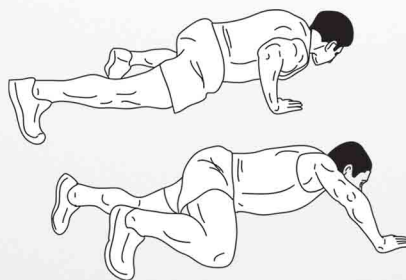
10 army crawl



10-count elbow plank



5 push-ups



10 push-up crawl



10 push-up plank