



SUPER SAIYAN

TRIBUTE WORKOUT BY DAREBEE @ darebee.com

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



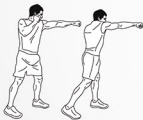
4 wide grip push-ups



6 push-ups



4 raised leg push-ups



60 punches



40 turning kicks



30 high knees (sprint)



10 sit-ups



10 leg raises



10 sitting twists