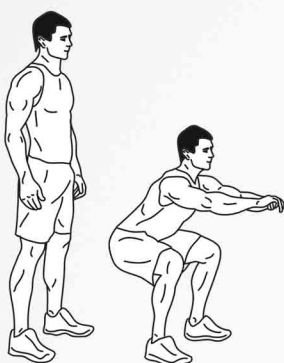


THE STRENGTH OF ASGARD

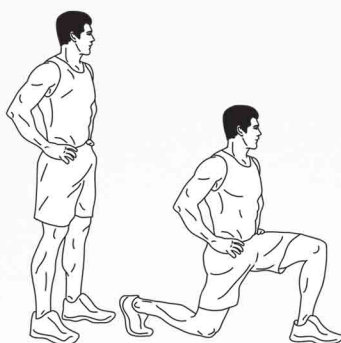
THOR

DAREBEE WORKOUT @ darebee.com

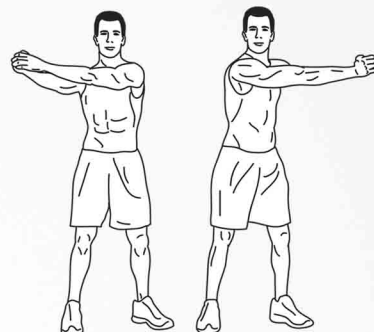
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



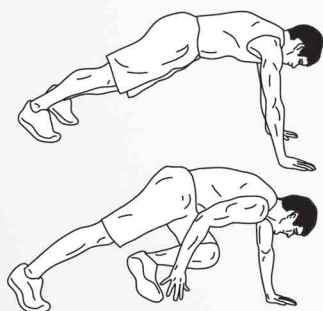
20 squats



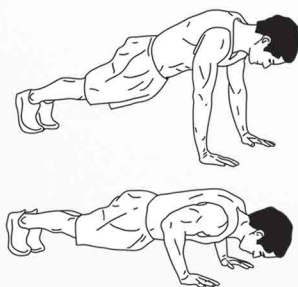
20 lunges



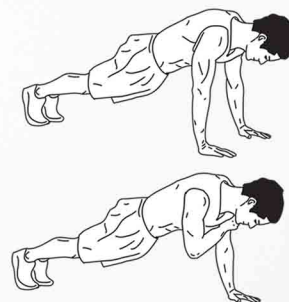
20 side-to-side chops



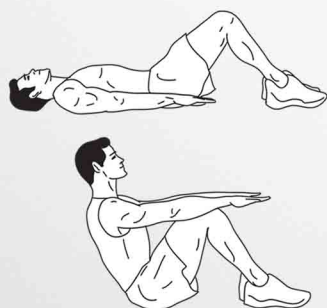
10 climber taps



10 push-ups



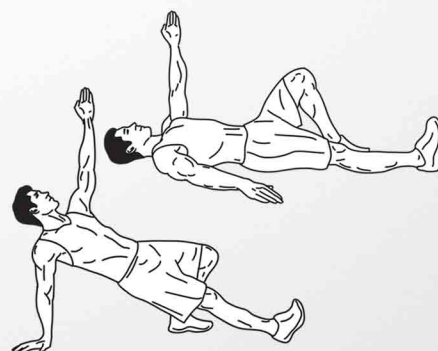
10 shoulder taps



10 sit-ups



10 sitting twists



10 get-ups