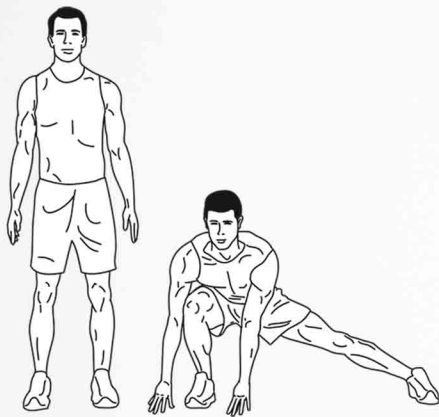


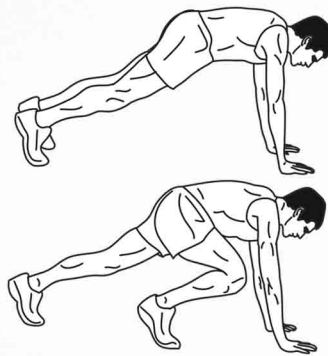
# TOWER STORM

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

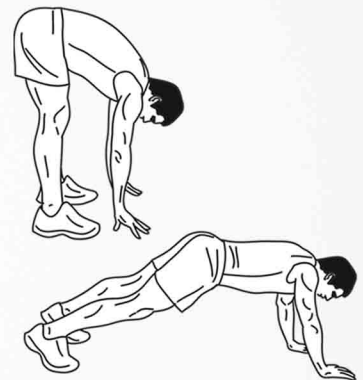
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



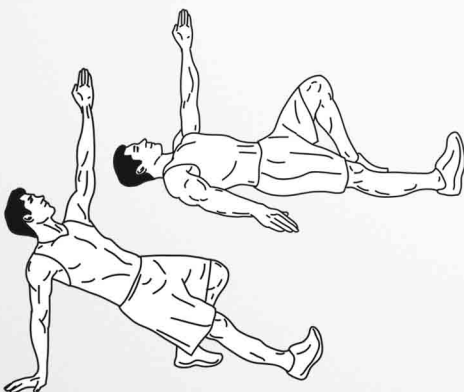
**20** side lunges



**10** slow climbers



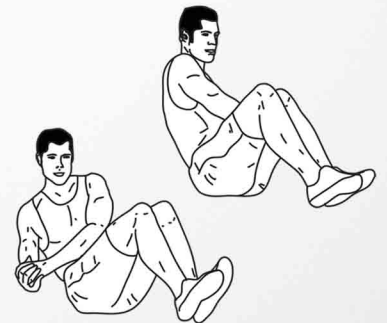
**10** plank walk-outs



**20** get-ups



**20** sit-ups



**10** sitting twists

finish each set with **50** "open & close" fists

