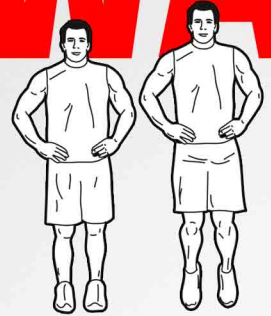


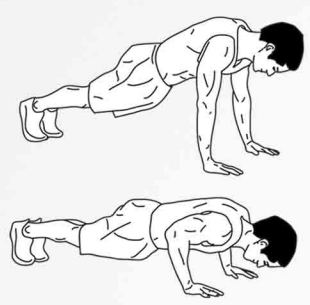
# WAR MACHINE



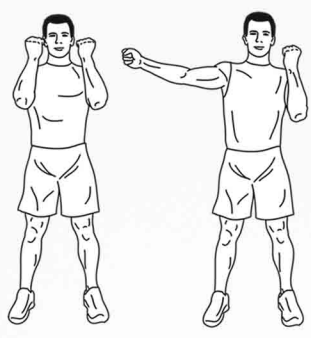
DAREBEE WORKOUT @ [darebee.com](http://darebee.com)

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets

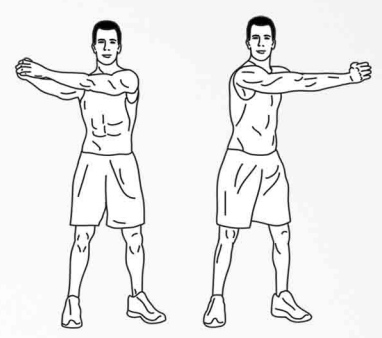
ACTIVE REST 2 minutes hops on the spot



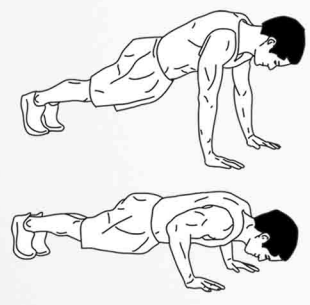
5 push-ups



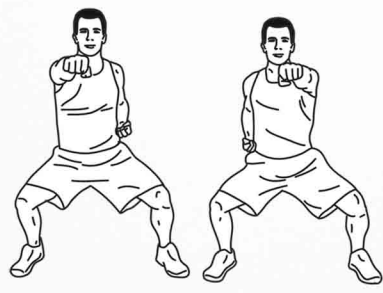
10 side-to-side backfists



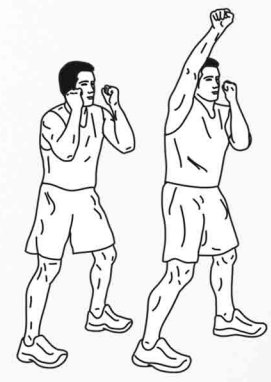
10 side-to-side chops



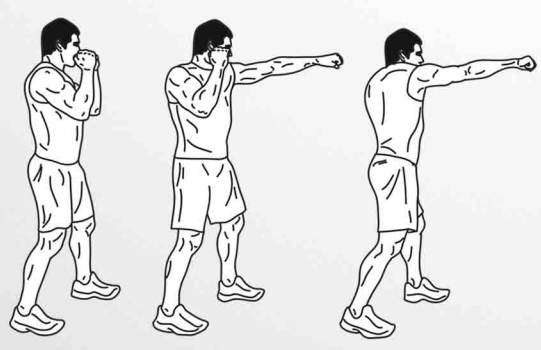
5 push-ups



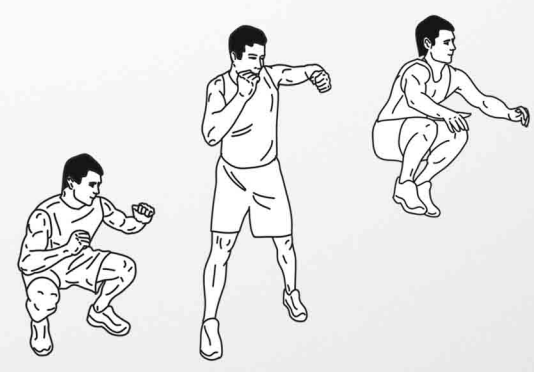
10 squat hold punches



10 overhead punches



20 jab + cross punches



10 combos squat + hook + jump knee tuck