

# Zenith

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

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



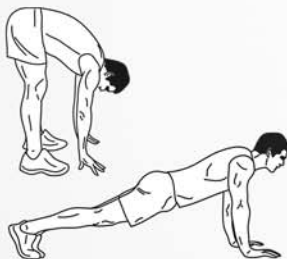
**20** lunges



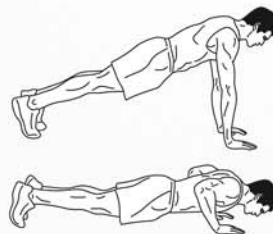
**10** side-to-side lunges



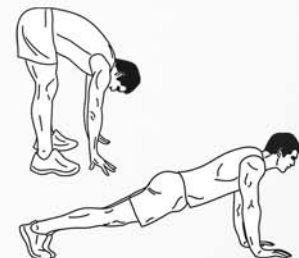
**20** lunges



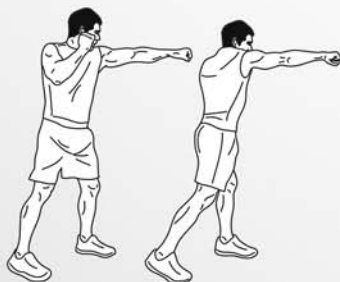
**5** plank walk-outs



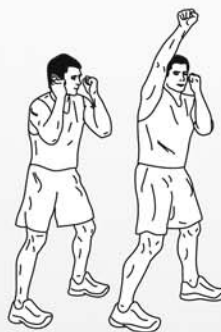
**10** push-ups



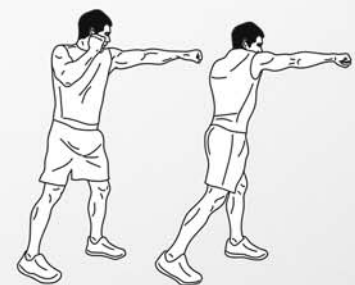
**5** plank walk-outs



**20** punches



**10** overhead punches



**20** punches