

# Artemis

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 archers



2 squats



20 climbers



2 planks w/ rotations



10-count elbow plank



10 deep lunges



2 push-ups



10 sit-up punches



10 siting punches