

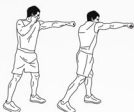
AVENGER

DAREBEE WORKOUT © darebee.com

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



20 squats



20 punches



20 lunge punches



10 push-ups



20 shoulder taps



20 slow climbers



10 flutter kicks



10 sit-up punches



10 side planks rotations