

BARBARIAN

DAREBEE WORKOUT @ darebee.com

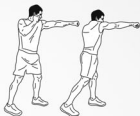
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



5 push-ups



10-count plank



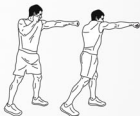
20 punches



5 push-ups



10-count push-up plank



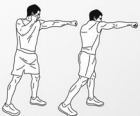
20 punches



5 push-ups



10 up & down planks



20 punches