

# BORDERLAND

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 squat step backs



20 punches



20 squat hold punches



20 reverse lunges



20 punches



20 lunge punches



20 punches