

CONQUEROR

DAREBEE WORKOUT @ darebee.com

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



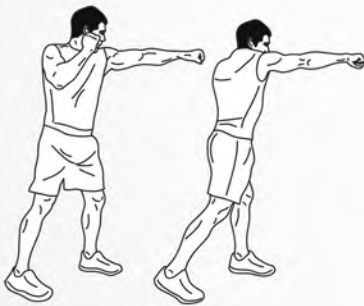
20 squats



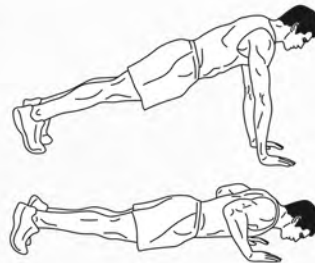
20 slow climbers



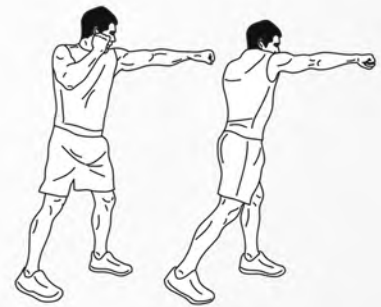
20 squats



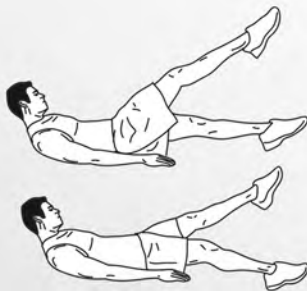
20 punches



20 push-ups



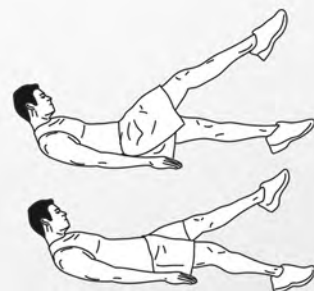
20 punches



20 flutter kicks



20 sitting twists



20 flutter kicks