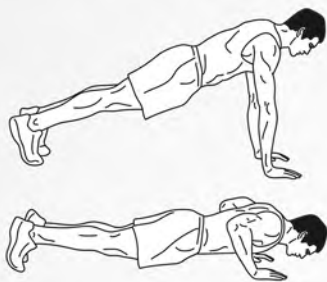


# DEADLOCK

DAREBEE WORKOUT @ [darebee.com](https://darebee.com)

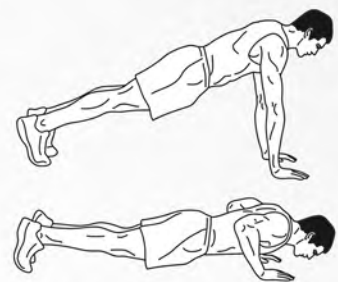
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



**5** push-ups



**10-count** push-up hold



**5** push-ups



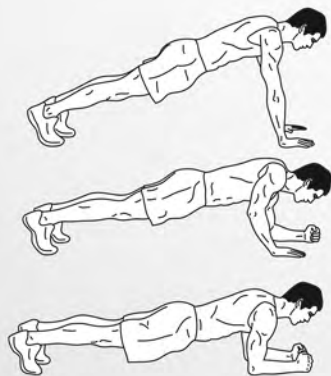
**20** squats



**20-count** squat hold



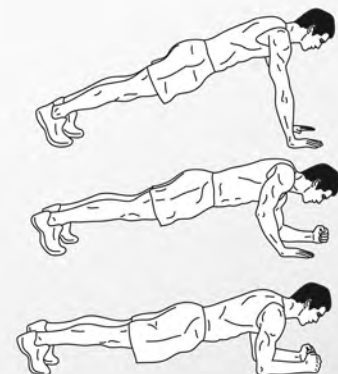
**20** squats



**5** up & down planks



**10-count** elbow plank hold



**5** up & down planks