

DEFENDER

DAREBEE WORKOUT © darebee.com

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



20 squat hold punches



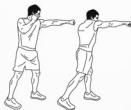
10 calf raises



20 squat hold punches



5 push-ups



20 punches



5 push-ups



10 squats