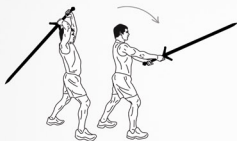


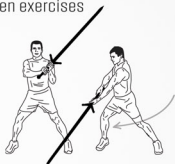
# DUNGEON RAID

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

2 minutes rest between exercises



**40** vertical cuts  
5 sets | 60 seconds rest



**40** cross cuts  
5 sets | 60 seconds rest



**60sec** punches  
5 sets | 60 seconds rest



**60sec** high knees  
5 sets | 60 seconds rest