

FURY

DAREBEE WORKOUT © darebee.com

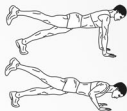
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 climbers



4 push-ups



2 raised leg push-ups



20 punches



20 squats



2 pop up tripods



10 raised leg bridges



10 crunch kicks



2 roll-ups