

# GLADIATOR+

DAREBEE WORKOUT © [darebee.com](http://darebee.com)

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



10 reverse lunges



4 lunges



10 squats



10 renegade rows



10 slow climbers



4 push-ups



4 up and down planks