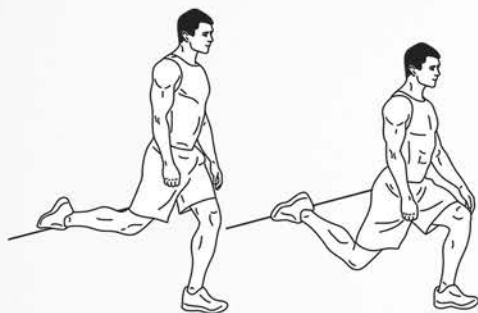


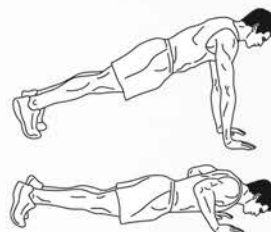
# GOD OF WAR

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

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



**12** split squats



**to fatigue** push-ups



**to fatigue** push-up plank hold



**12** side-to-side lunges



**to fatigue** push-up plank hold



**to fatigue** push-ups