

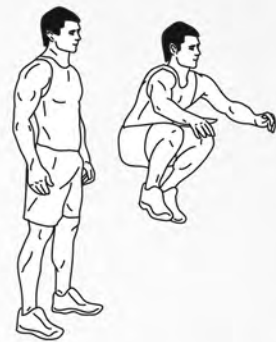
Hell Raider

"ONE HELL OF A RAID" DAREBEE WORKOUT @ darebee.com

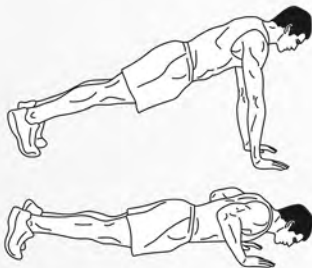
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



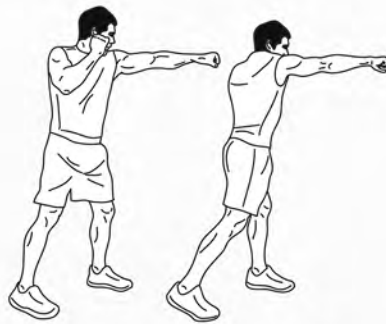
20 squat + side chop



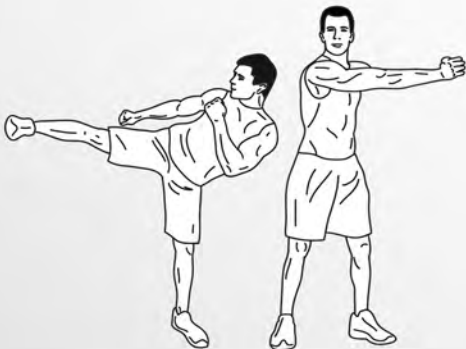
4combos: 10 high knees + 2 jump knee tucks



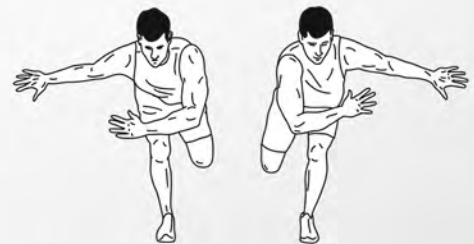
10 push-ups



4combos: 10 punches + 2 hooks



20 side kick + side chop



4combos: 10 high knees + 2 side-to-side jumps