

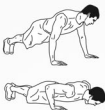
# HIGHLANDER

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

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



**5** jump knee-tucks



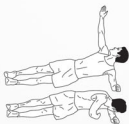
**max** wide grip push-ups



**10** plank into lunges



**20** plank leg raises



**20** side plank rotations



**10** plank arm raises



**5** up and down planks