

# HYPERION

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 lunges



4 side-to-side lunges



10 lunges



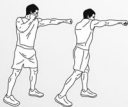
10 shoulder taps



4 shoulder tap push-ups



10 shoulder taps



10 punches



10 overhead punches



10 punches