

Instant Dungeon

DAREBEE WORKOUT

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



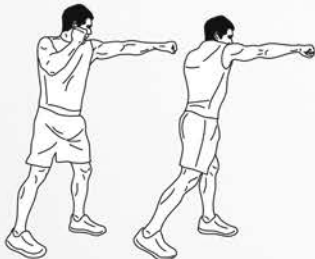
20 climbers



20 shoulder taps



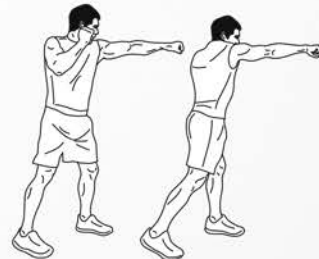
10-count plank hold



20 punches



20 overhead punches



20 punches



4 up and down planks