

# KEEP DEFENDER

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

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



20 punches



4 plank rotations



10 shoulder taps



20 punches



4 plank rotations



10 plank leg raises



20 punches



4 plank rotations



10 reverse angels