

# LAST MAN STANDING

DAREBEE WORKOUT

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LEVEL I 3 sets

LEVEL II 4 sets

LEVEL III 5 sets

REST up to 2 minutes



10 jumping lunges



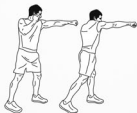
2 push-ups



10 jump squats



2 push-ups



20 punches



2 push-ups



10-count plank



2 push-ups



10-count push-up plank