

# Lone Wanderer

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

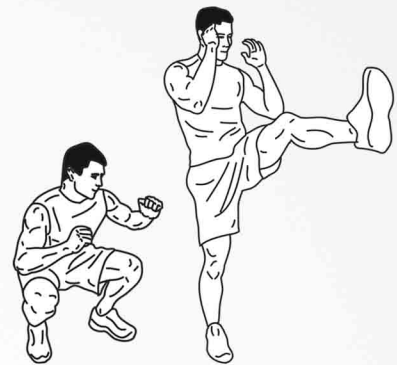
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



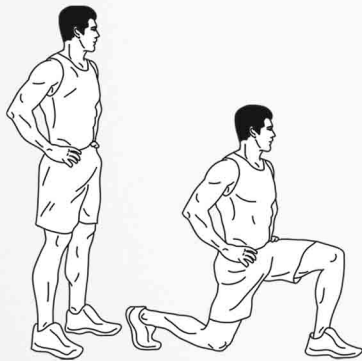
**40** high knees



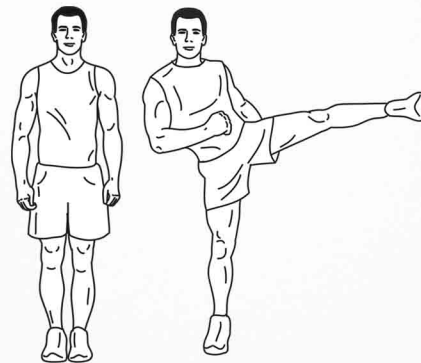
**10** bounce + bounce + squat



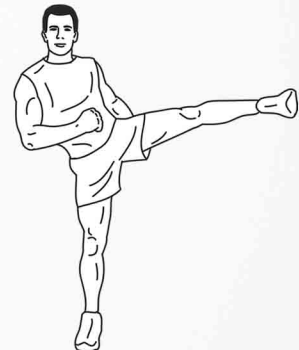
**10** squat + front kick



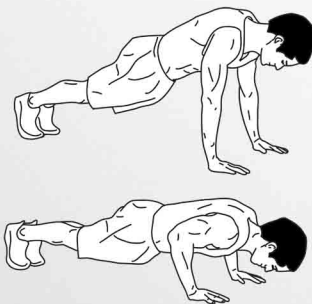
**20** lunges



**20** side leg raises



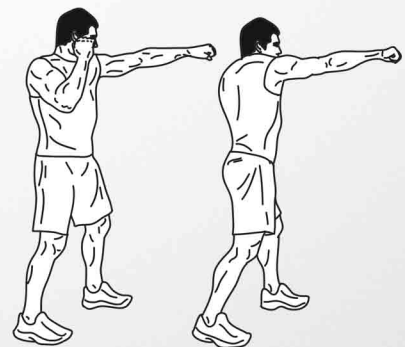
**40-count** raised leg hold



**10** push-ups



**10-count** push-up plank



**40** punches