

# LONE WARRIOR

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

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets

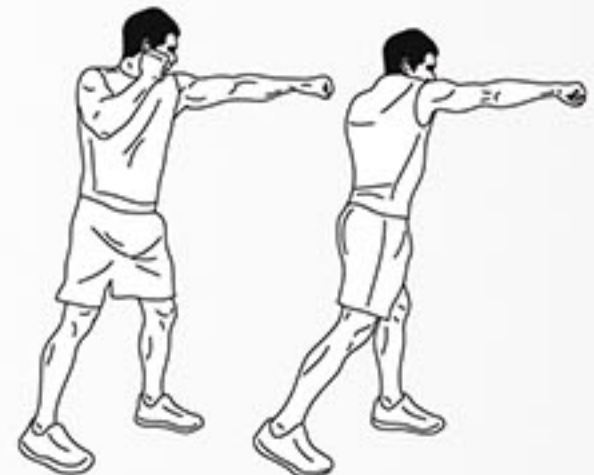
2 minutes rest between sets



**20** squats



**5** push-ups



**20** punches



**10** sit-ups



**10** reverse crunches