

MASTER CHIEF

TRIBUTE WORKOUT
@ darebee.com

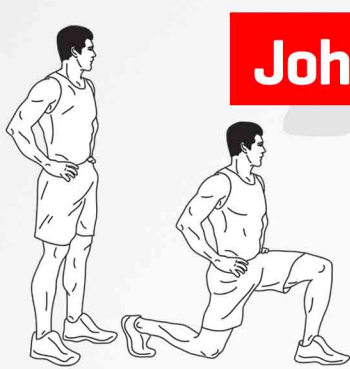
LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

REST up to 2 minutes

John-117



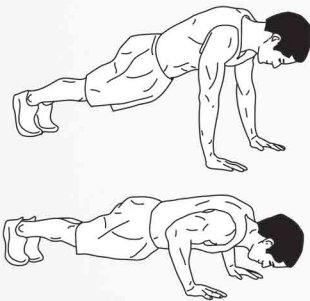
20 lunges



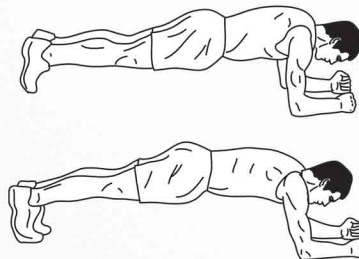
20 squats



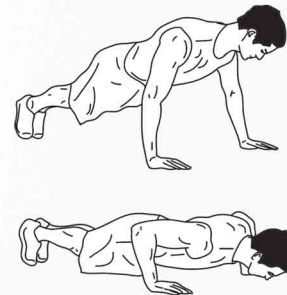
20-count squat hold



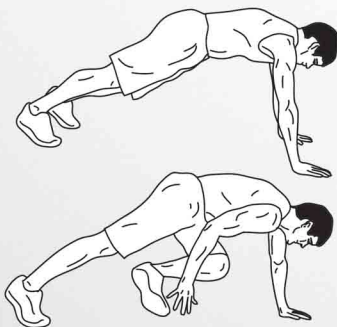
2 x 10-count push-ups



10 body saw



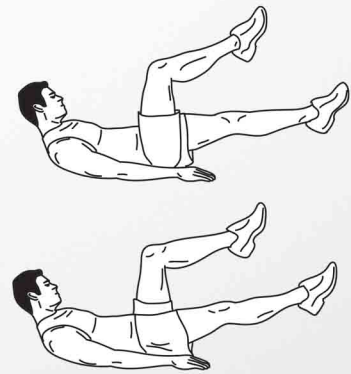
10 wide grip push-ups



10 cross climber taps



10 elbow strike sit-ups



10 air bike crunches