

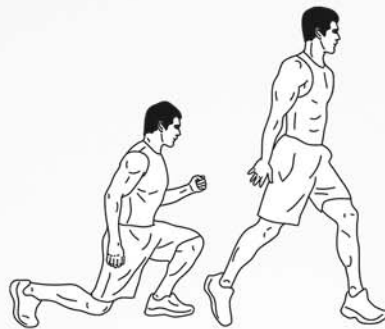
# MINOTAUR

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

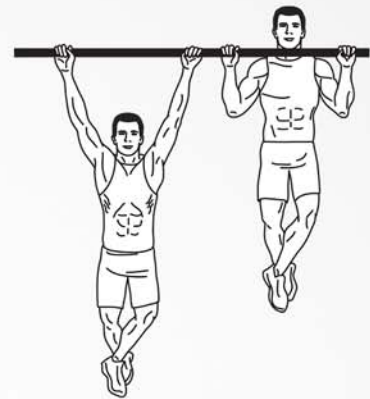
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



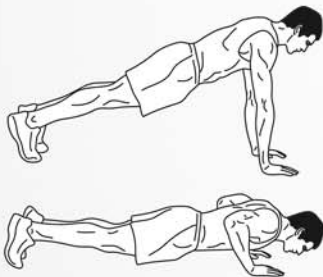
20 lunges



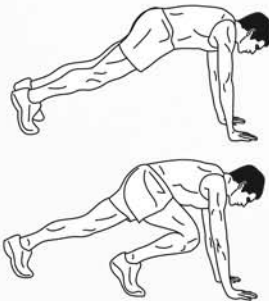
20 jumping lunges



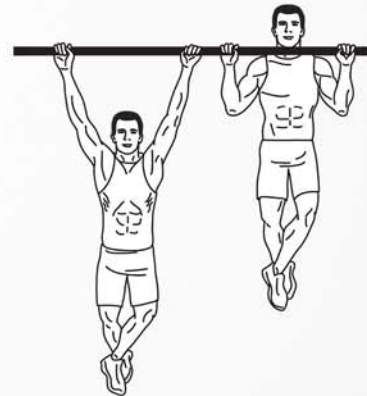
to failure pull-ups



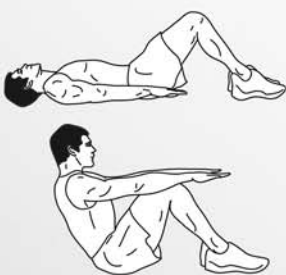
20 push-ups



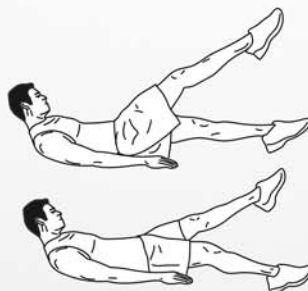
20 slow climbers



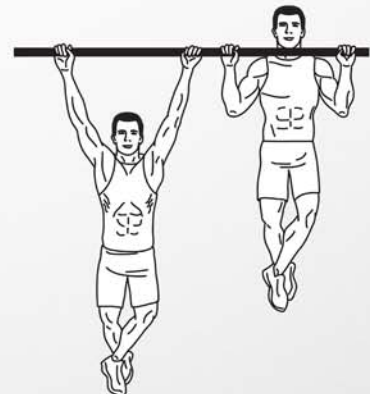
to failure pull-ups



20 sit-ups



20 flutter kicks



to failure pull-ups