

OUTLANDER

DAREBEE WORKOUT @ darebee.com

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



10 push-up shoulder taps



4 push-up crunches



10 raised leg push-ups



max push-up plank hold



20-count stretch hold



max push-up plank hold



40 sitting punches