

ROADHOUSE

DAREBEE WORKOUT @ darebee.com

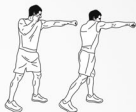
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



30 climbers



max push-ups



30 punches



30 high knees



30 side kicks



30 jumping lunges



max elbow plank hold