

ROMAN LEGION

DAREBEE WORKOUT © darebee.com

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



40 march steps



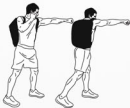
20 lunges



20 squats



20 calf raises



40 punches



max push-ups



20-count plank hold