

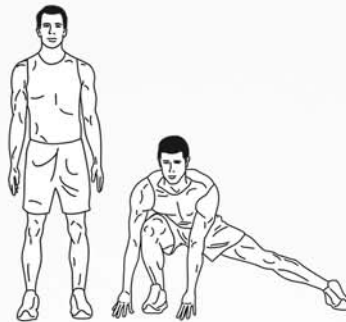
SPARTACUS

DAREBEE WORKOUT @ darebee.com

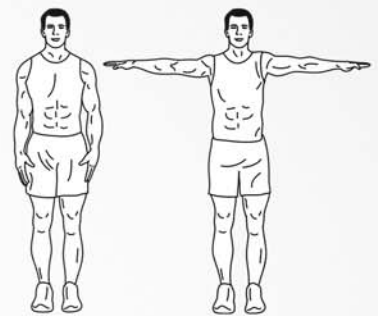
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



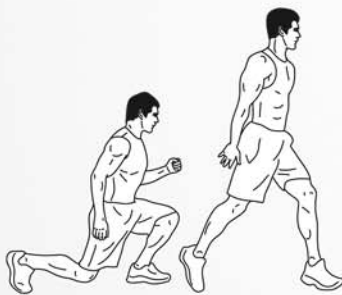
20 squats



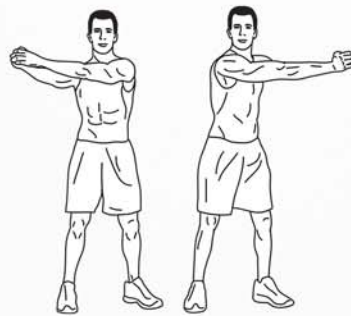
10 deep side lunges



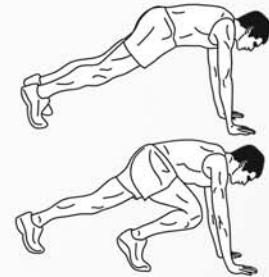
20 arm raises



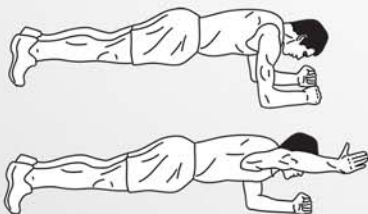
6 jumping lunges



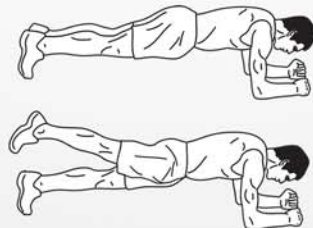
20 side-to-side chops



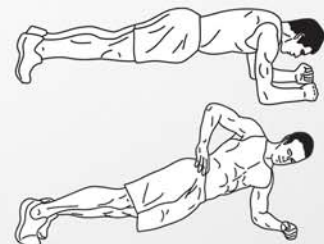
6 slow climbers



10 plank arm raises



10 plank leg raises



10 plank rotations