

STRONGMAN

DAREBEE WORKOUT @ darebee.com

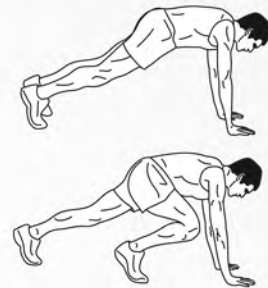
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



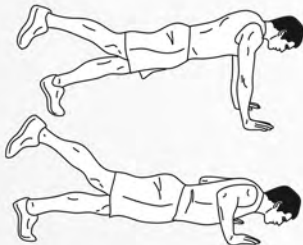
20 squats



20-count squat hold



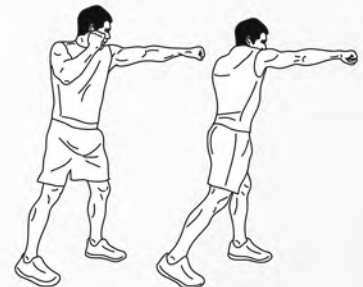
20 slow climbers



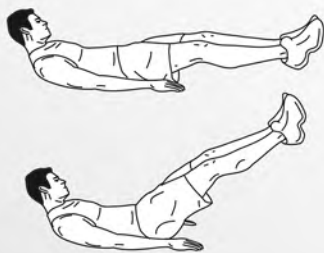
20 raised leg push-ups



20-count push-up hold



20 punches



20 leg raises



20-count raised leg hold



20 sitting twists