

SUPERHUMAN

DAREBEE WORKOUT @ darebee.com

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



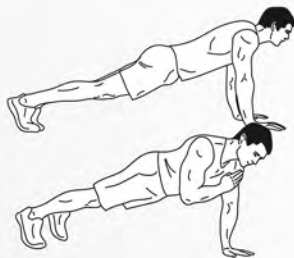
40 march steps



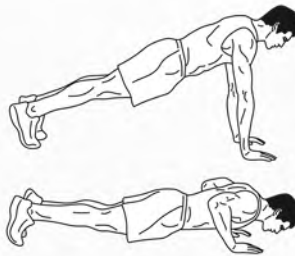
40 climbers



80 high knees



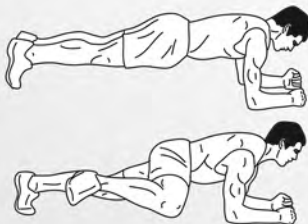
20 shoulder taps



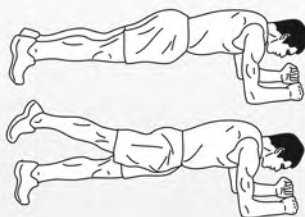
20 push-ups



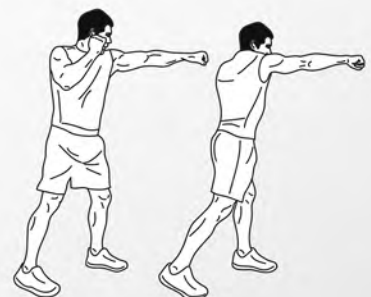
20 burpees



40 plank crunches



40 plank leg raises



80 punches