

Team ZOMBIE

DAREBEE WORKOUT @ darebee.com

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



20 step jacks



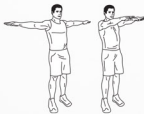
10-count calf raise hold



20 step jacks



10-count hold



20 arm extensions



10-count hold



10 plank arm raises



10-count hold



10 plank arm raises