

# TOWER STORM

DAREBEE WORKOUT @ [darebee.com](http://darebee.com)

LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



10 tap side lunges



10 slow climbers



5 plank walk-outs



10 get-ups



5 sit-ups



10 sitting twists

finish each set with **20** "clench / unclench" fists

