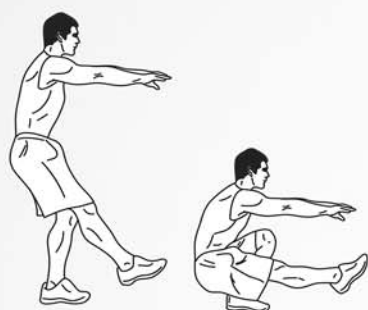


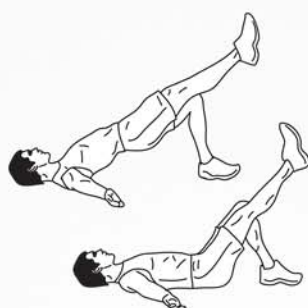
# TYPHON

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

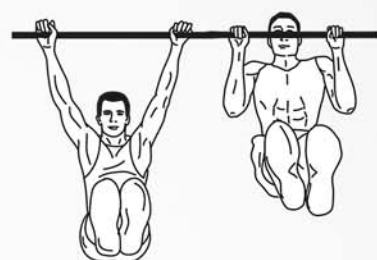
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



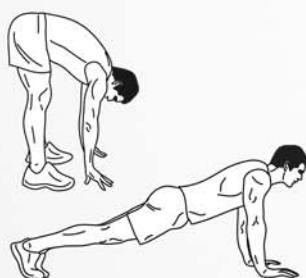
**20** pistol squats



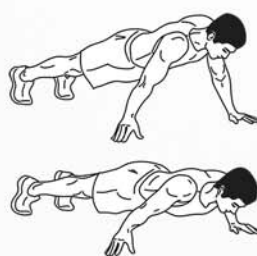
**20** single leg bridges



**to failure** raised leg pull-ups



**20** plank walk-outs



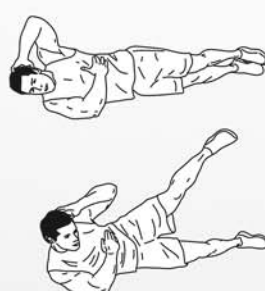
**20** archer push-ups



**20** cross tricep extensions



**20** knee-to-elbow crunches



**20** side jackknives



**40sec** hollow hold