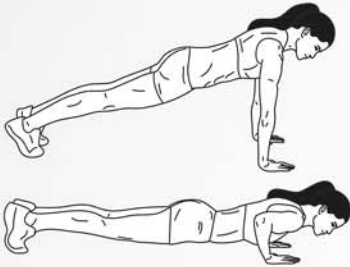


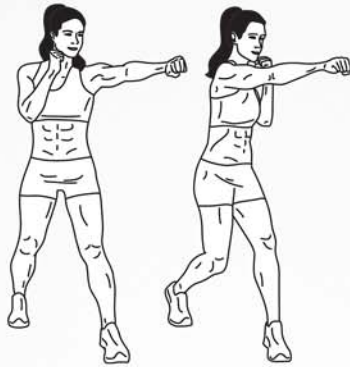
# VAN HELSING

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

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



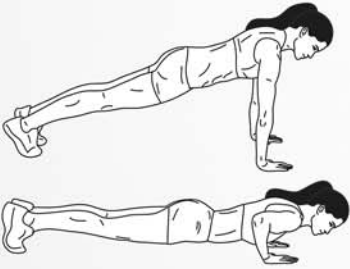
10 push-ups



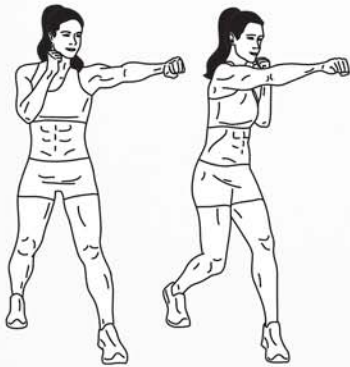
40 jab + cross



10 squat + side kick



10 push-ups



40 jab + cross



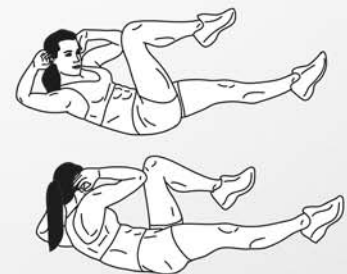
10 jumping lunges



10 reverse crunches



10 roll-ups



10 knee-to-elbow crunches