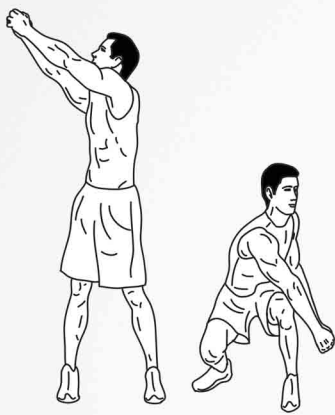


# WITCHER

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

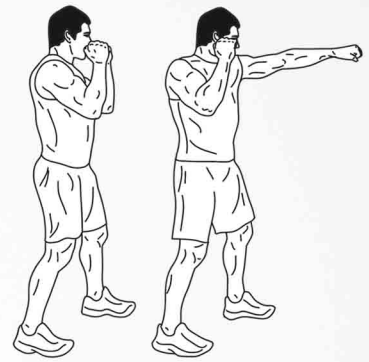
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



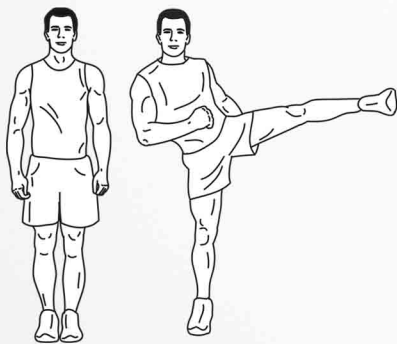
**40** cross chops



**10** squats



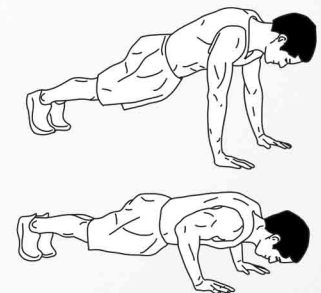
**40** punches



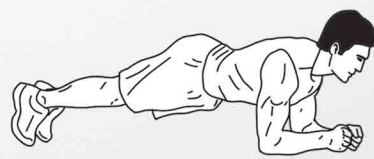
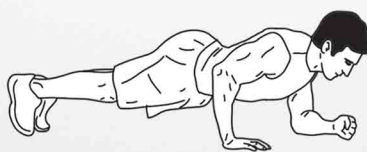
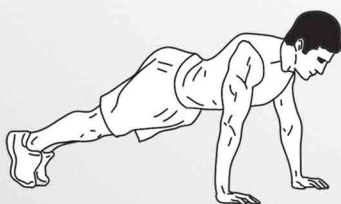
**40** side leg raises



**10** lunges



**10** push-ups



**10** up & down planks