

# ZOMBIE HUNTER

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

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



10 squats



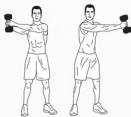
10 single leg deadlifts



10 squats



10 tricep extensions  
right arm



20 chops



10 tricep extensions  
left arm



20 kneeling rows