

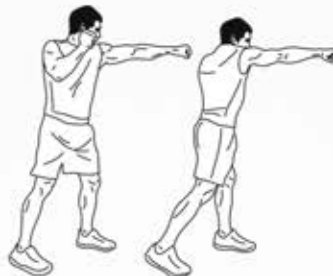
Dungeon Crawler

DAREBEE WORKOUT © darebee.com

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



5 squats



20 punches



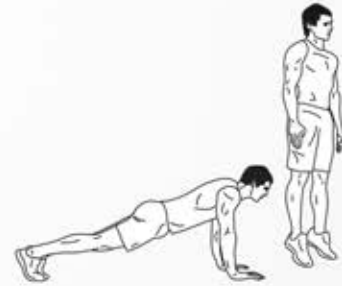
5 squats



5 basic burpees



20 overhead punches



5 basic burpees



5 sit-ups



20 sitting punches



5 sit-ups