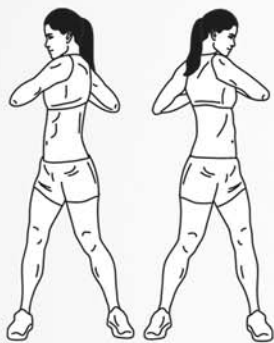


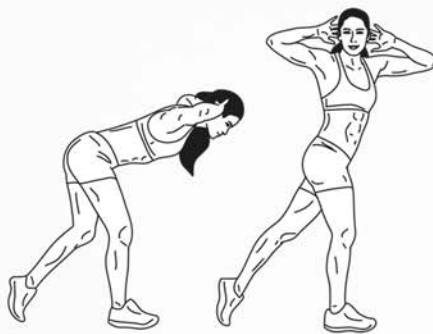
# BAD WOLF

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

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



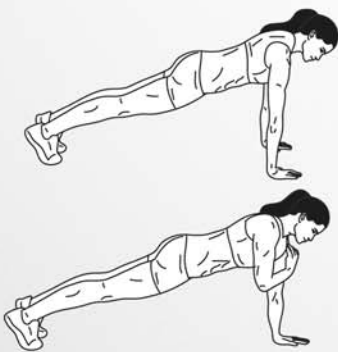
**20** twists



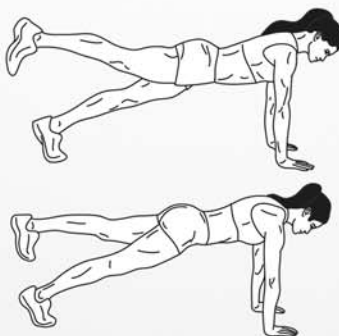
**10** deadlift & twist



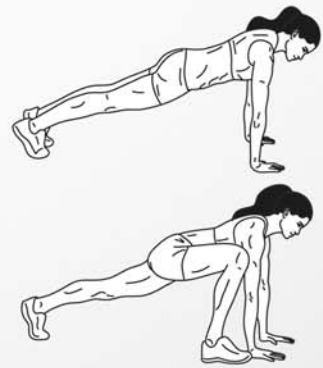
**10** lunge step-ups



**20** shoulder taps



**10** plank leg raises



**10** plank step-ins