

WEREWOLF

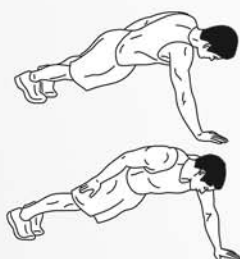
DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets

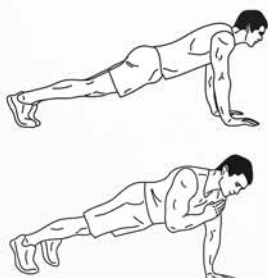
up to 2 minutes rest between sets



5 burpees



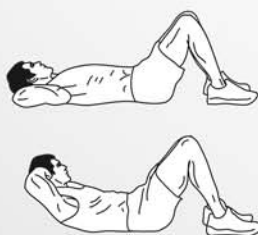
10 thigh taps



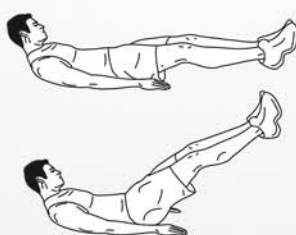
10 shoulder taps



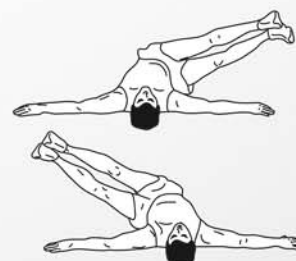
10 plank rotations



10 crunches



10 leg raises



10 windshield wipers