

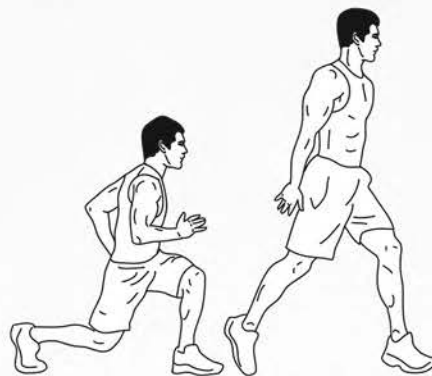
GLADIATOR

DAREBEE WORKOUT @ darebee.com

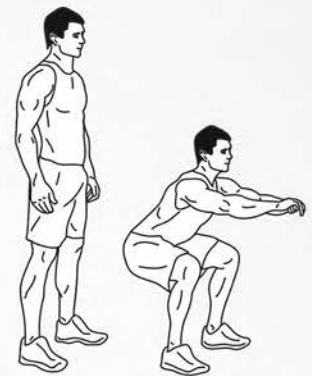
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



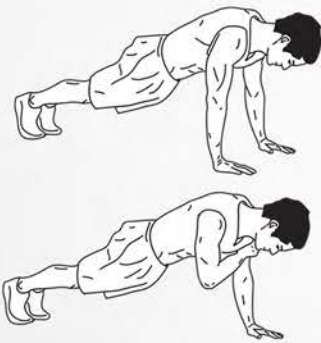
40 lunges



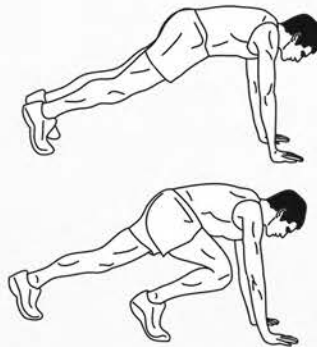
20 jumping lunges



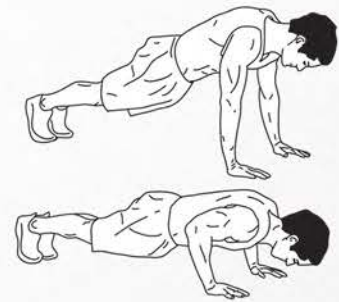
20 squats



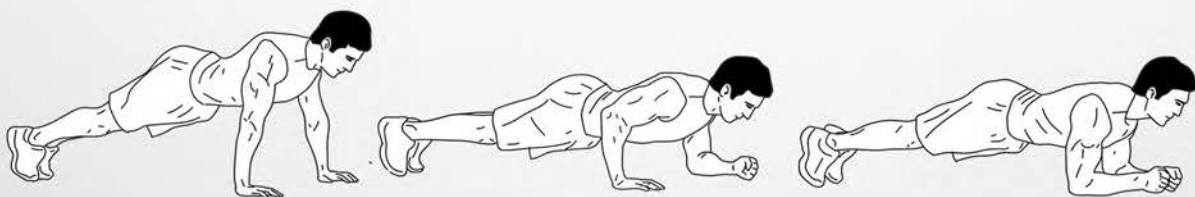
20 shoulder taps



40 slow climbers



10 push-ups



10 up & down planks