

GLADIATOR

DAREBEE WORKOUT @ darebee.com

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



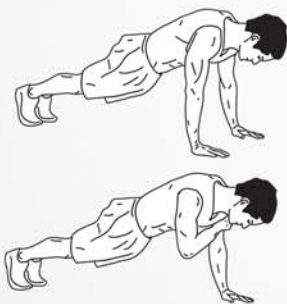
10 lunges



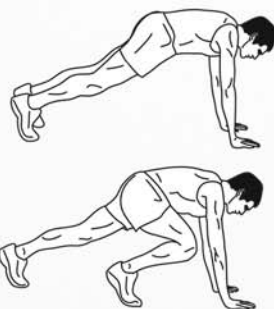
4 jumping lunges



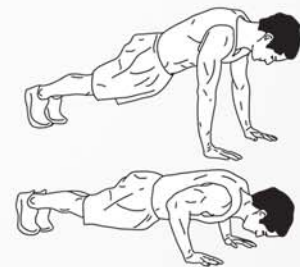
10 squats



10 shoulder taps



10 slow climbers



4 push-ups



4 up & down planks