

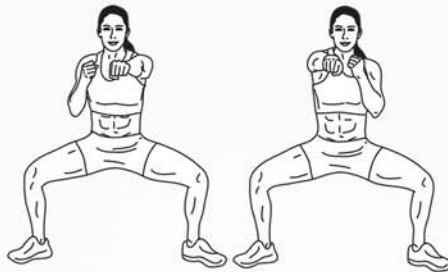
ENIGMA

DAREBEE WORKOUT @ darebee.com

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



20 march steps



20 squat hold punches



20 march steps



10-count squat hold



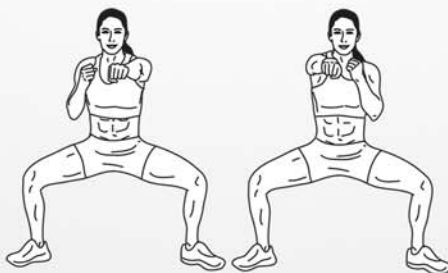
20 march steps



10-count squat hold



20 march steps



20 squat hold punches



20 march steps