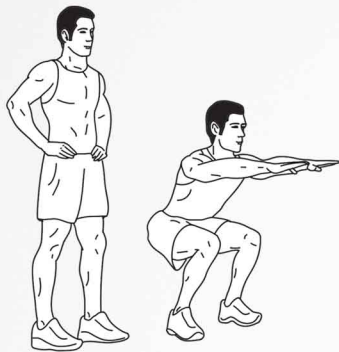


THE STRENGTH OF ASGARD

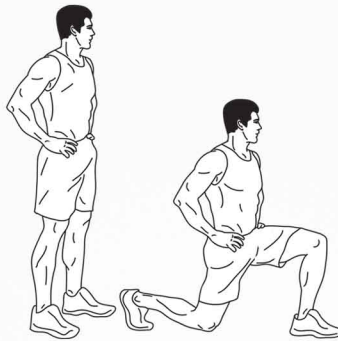
THOR

DAREBEE WORKOUT @ darebee.com

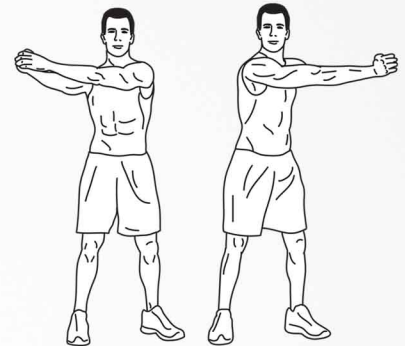
LEVEL I 3 sets **LEVEL II** 5 sets **LEVEL III** 7 sets **REST** up to 2 minutes



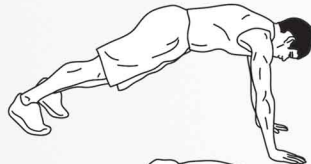
20 squats



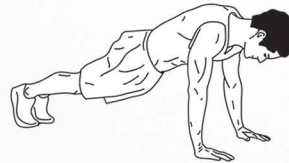
20 lunges



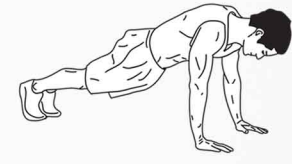
40 side-to-side chops



20 climber taps



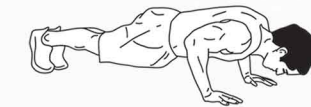
10 push-ups



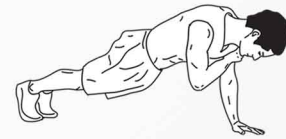
20 shoulder taps



20 sit-ups



20 sitting twists



20 get-ups