

Bag & Tag

DAREBEE WORKOUT @ darebee.com

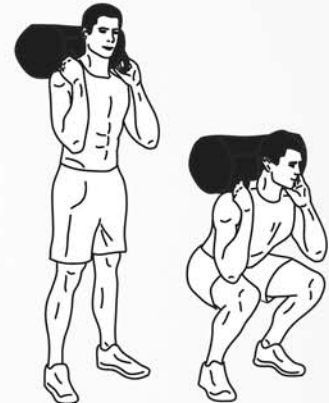
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



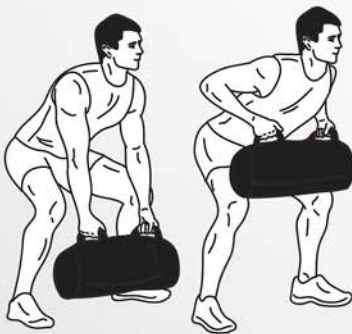
10 lunges



10 deadlifts



10 squats



10 upright rows



10 staggered push-ups

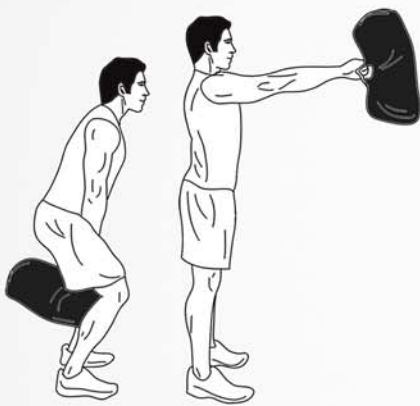


10 sitting twists

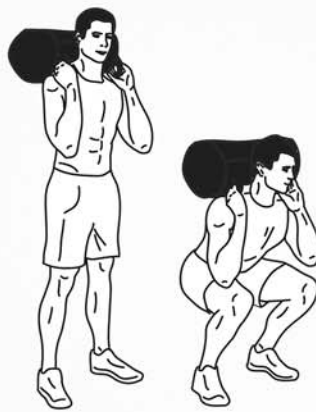
& HURRY UP BAG IT

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



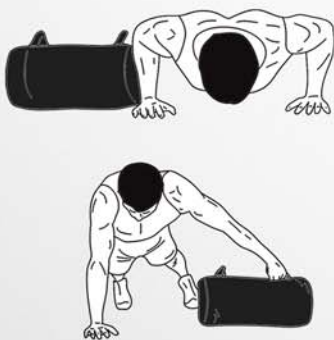
10 bag throws



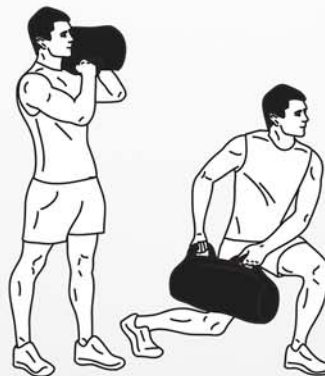
10 squats



10 lifts



10 push-up & drag



20 shoulder clean



20 lunges

COMBAT MEDIC+

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



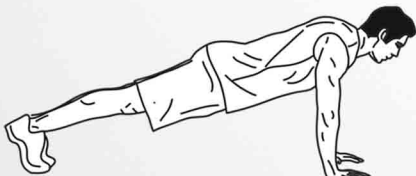
40 high knees



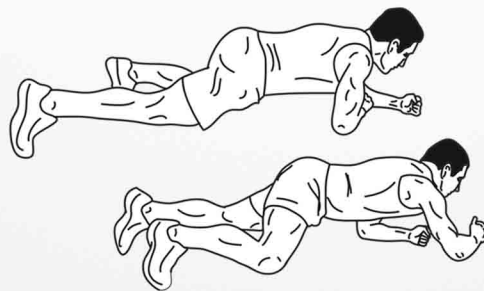
20 squats



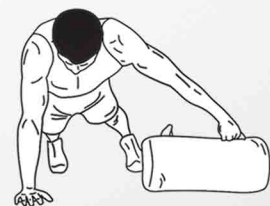
10 steps duck walk



10 plank jump-ins



10 army crawl



10 push and drag

DRAG & DROP

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LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

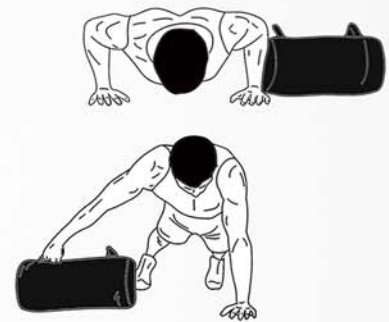
REST up to 2 minutes



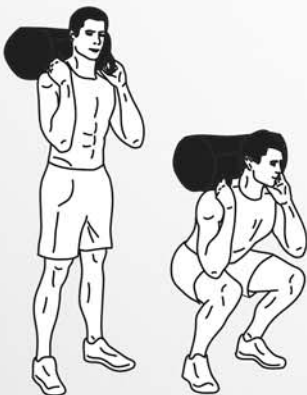
20 rows



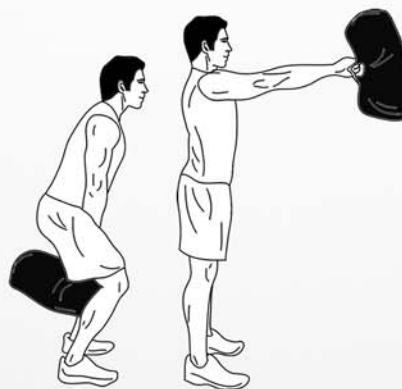
20 lunges



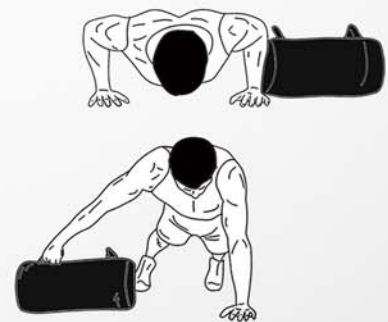
5 push-up & drag



20 squats



20 throws

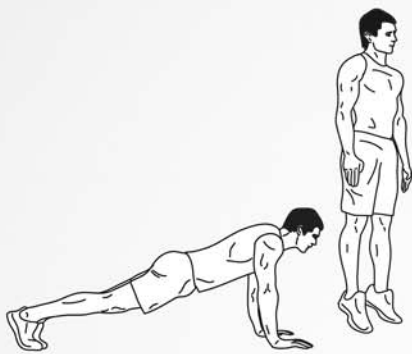


5 push-up & drag

ENDER+

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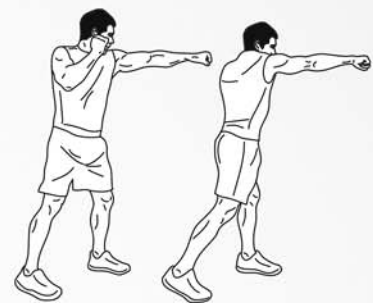
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



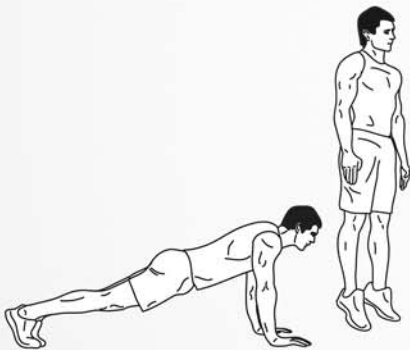
10 basic burpees w/ jump



5 rows



20 punches



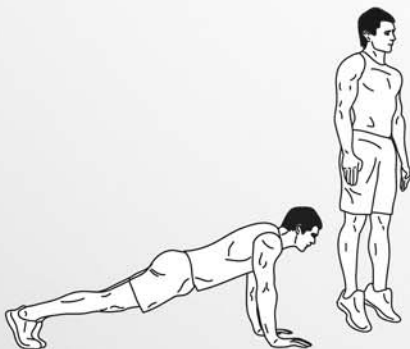
10 basic burpees w/ jump



5 sit-ups



20 sitting punches



10 basic burpees w/ jump



5 rows



20sec plank

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LEVEL I 3 sets

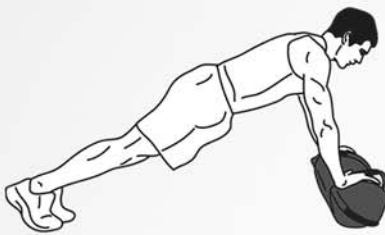
LEVEL II 4 sets

LEVEL III 5 sets

REST up to 2 minutes

POWER HOUSE

1 SET repeat each move once; whole circuit 10 times



1 push-up



2 deadlift



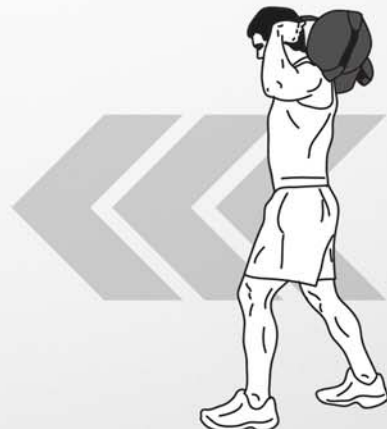
3 pick up, throw & catch



4 walk 20 steps forward



5 pick up, throw & catch



6 walk 20 steps back