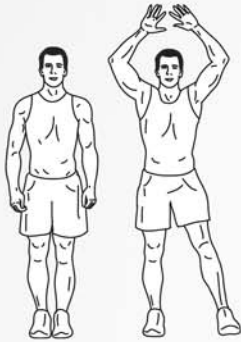


# Team ZOMBIE

DAREBEE WORKOUT @ [darebee.com](http://darebee.com)

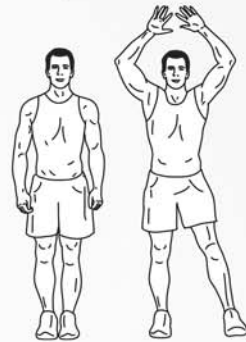
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



**20** step jacks



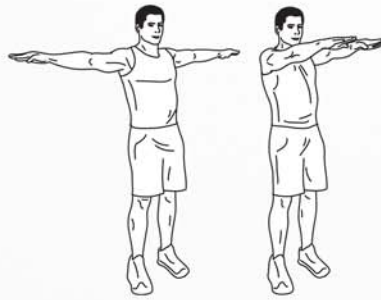
**20-count** calf raise hold



**20** step jacks



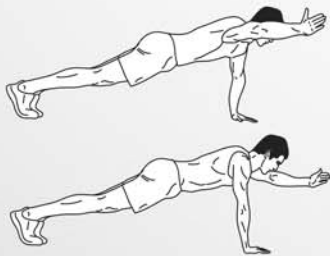
**20-count** hold



**40** arm extensions



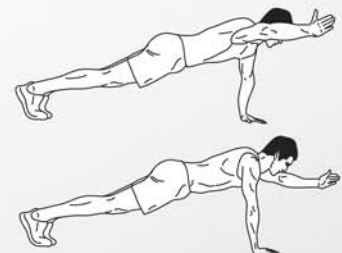
**20-count** hold



**10** plank arm raises



**20-count** hold



**10** plank arm raises