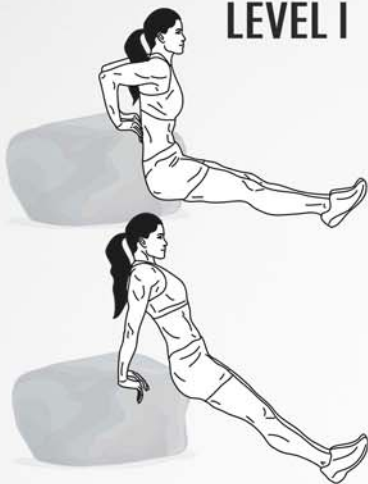


# SHEDEVIL

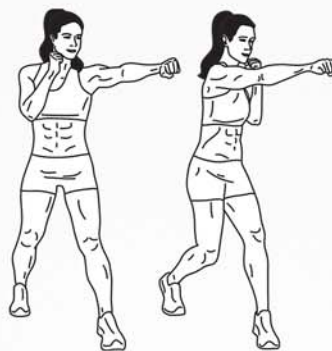
DAREBEE WORKOUT @ [darebee.com](https://darebee.com)

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets

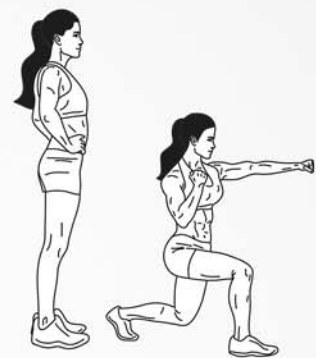
REST up to 2 minutes



20 tricep dips



40 punches



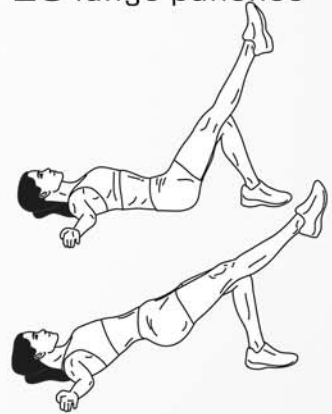
20 lunge punches



10 plank back kicks



10 bridges



10 raised leg bridges



10 clamshells



10 sit-up punches



10 sitting punches

