

# MAVE

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

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



4 push-ups



20 punches



4 push-ups



20 alt bicep curls



4 push-ups



20 alt bicep curls



4 push-ups