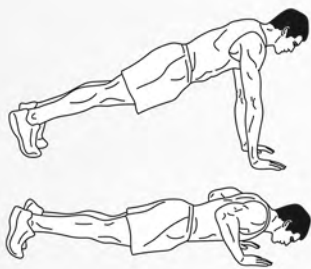


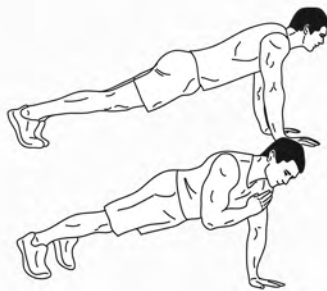
100 PUSH-UPS

DAREBEE WORKOUT @ darebee.com

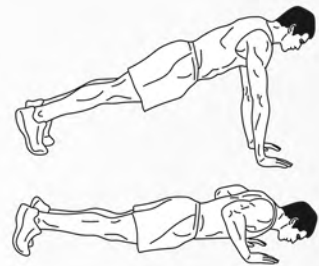
Repeat 5 times in total 2 minutes rest between sets



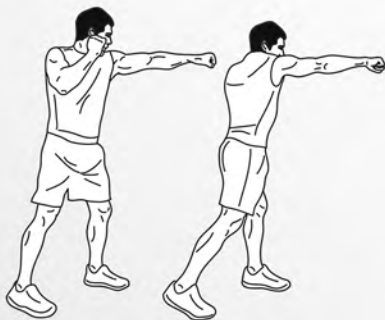
5 push-ups



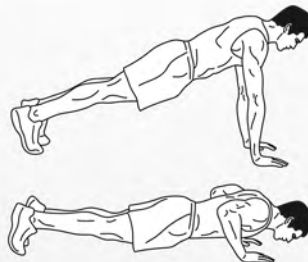
20 shoulder taps



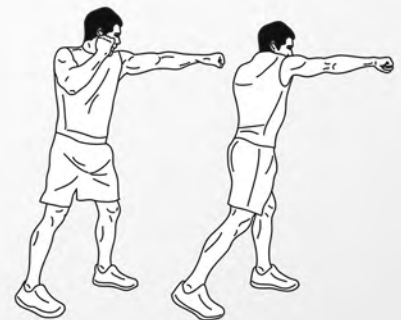
5 push-ups



20 punches



10 push-ups



20 punches