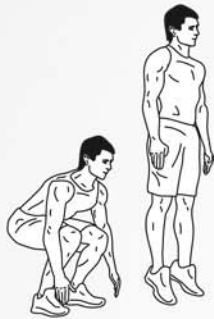


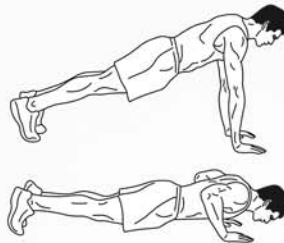
100G

DAREBEE WORKOUT @ darebee.com

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



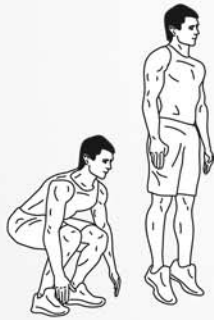
10 jump squats



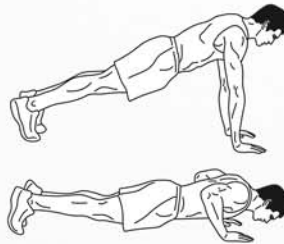
10 push-ups



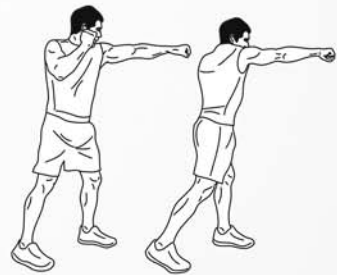
10-count push-up plank



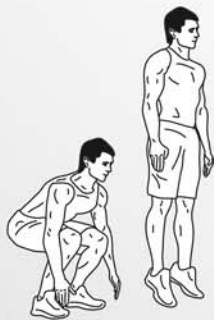
10 jump squats



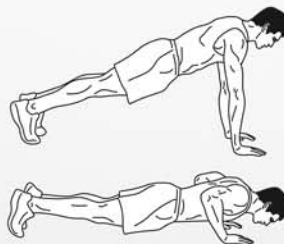
10 push-ups



40 punches



10 jump squats



10 push-ups



10-count push-up plank