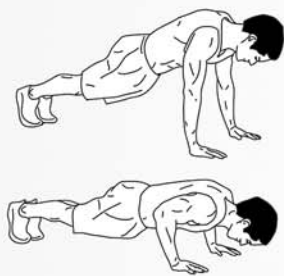


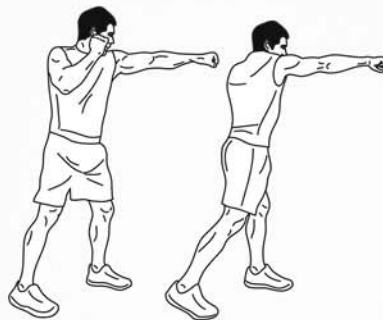
I aim to *misbehave*

DAREBEE WORKOUT © darebee.com

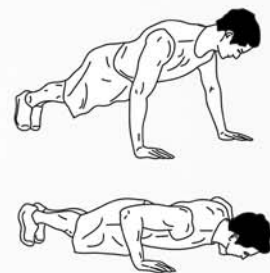
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



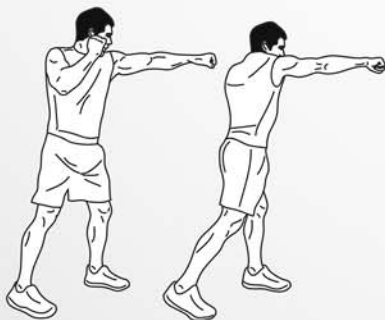
2 push-ups



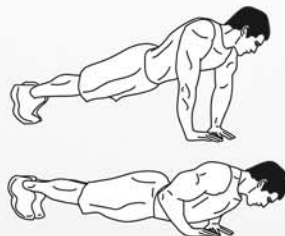
20 punches



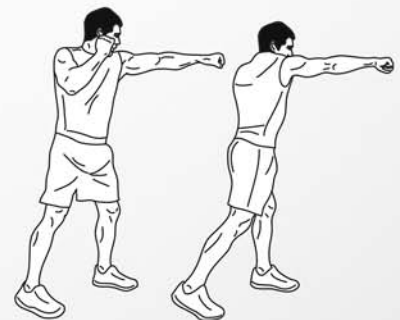
2 wide grip push-ups



20 punches



2 close grip push-ups



20 punches