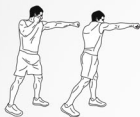


ARMORY

DAREBEE WORKOUT © darebee.com

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



30 punches



10 squats



30 punches



10 squats



30 side-to-side backfists



10 squats



10 push-ups



30-count elbow plank



30-count side plank