

ASCENDANT

DAREBEE WORKOUT © darebee.com

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



2 push-ups



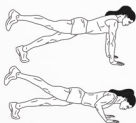
10-count hold



2 push-ups



10-count hold



2 raised leg push-ups



10-count hold



2+ count hold - go for your personal best