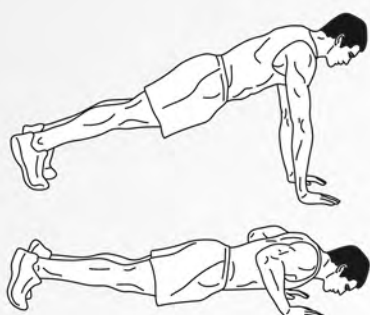


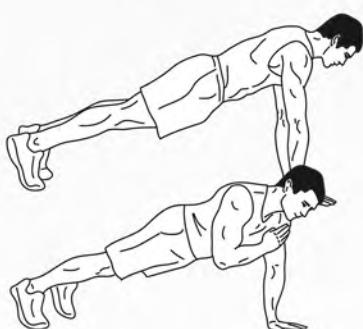
# COMMANDO

DAREBEE WORKOUT @ [darebee.com](http://darebee.com)

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



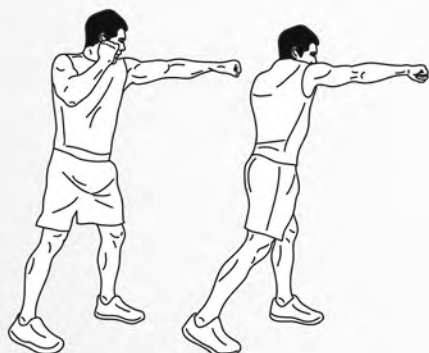
**to failure** push-ups



**10** shoulder taps



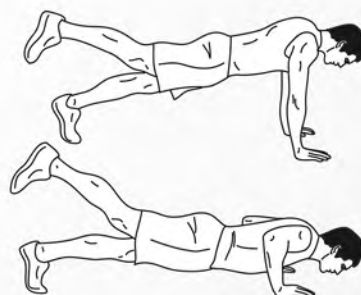
**4** staggered push-ups



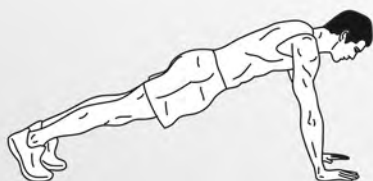
**40** punches



**40** speed bag punches



**4** raised leg push-ups



**10** up and down planks