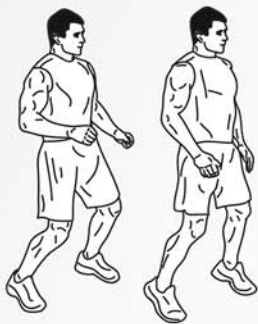


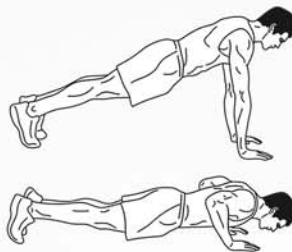
# CONTENDER

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

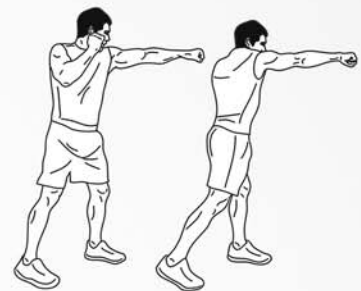
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



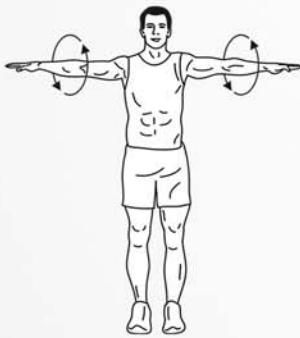
20 bounces



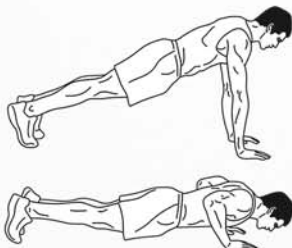
2 push-ups



20 punches



20 arm circles



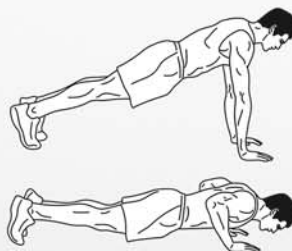
2 push-ups



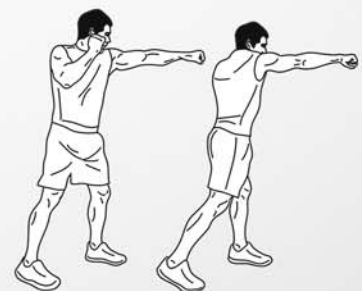
2 squats



20 high knees



2 push-ups



20 punches