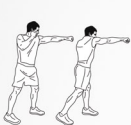


DEATH GLO^{ry}RY

DAREBEE WORKOUT © darebee.com

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



20 punches



3 burpees



20 punches



3 burpees



20 overhead punches



3 burpees



3+ push-ups or go for max