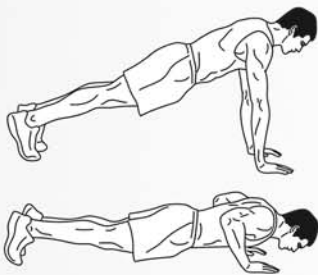


DEFYING GRAVITY

DAREBEE WORKOUT @ darebee.com

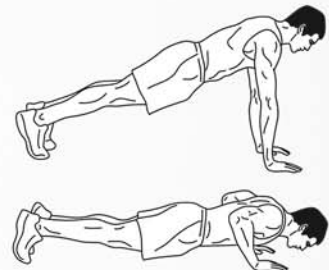
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



20sec push-ups



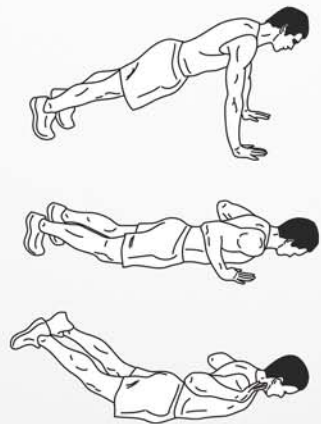
20sec push-up plank hold



20sec push-ups



20sec plank hold



20sec skydiver push-ups



20sec plank hold