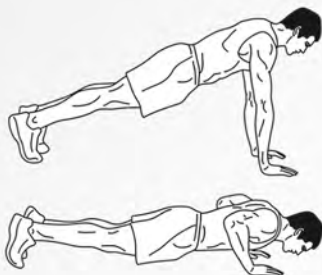


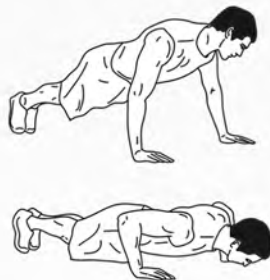
DEMOLITION

DAREBEE WORKOUT @ darebee.com

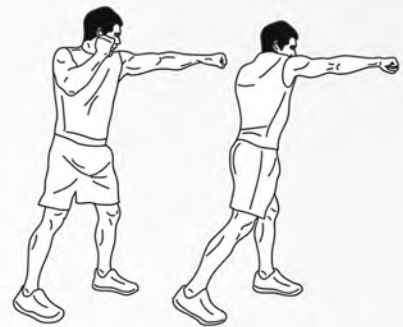
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



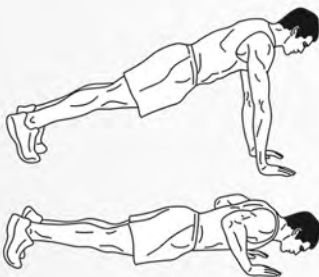
5 classic push-ups



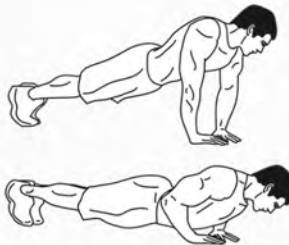
5 wide grip push-ups



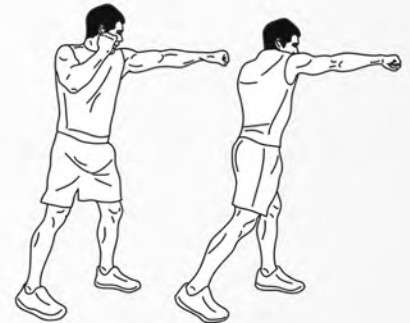
40 punches



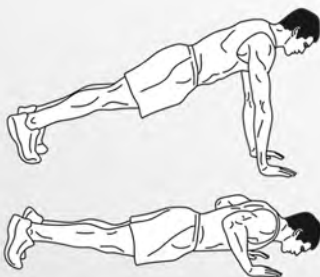
5 classic push-ups



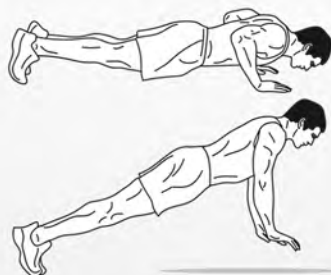
5 close grip push-ups



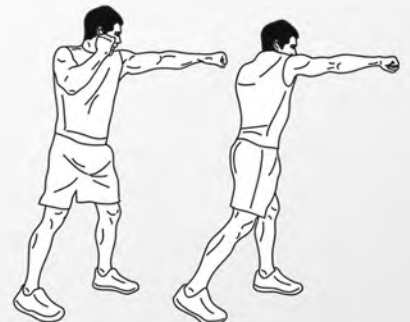
40 punches



5 classic push-ups



5 power push-ups



40 punches