

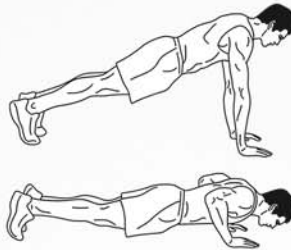
FREMEN

DAREBEE WORKOUT @ darebee.com

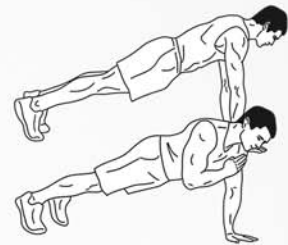
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



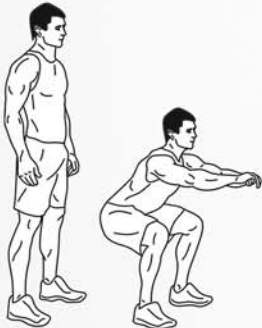
10 squats



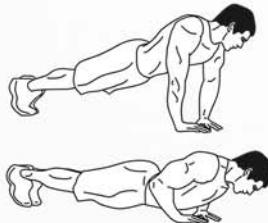
2 push-ups



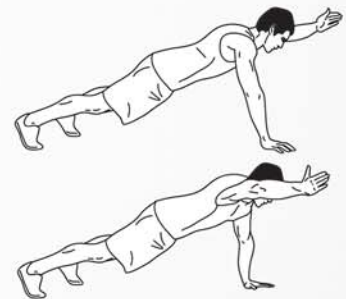
10 shoulder taps



10 squats



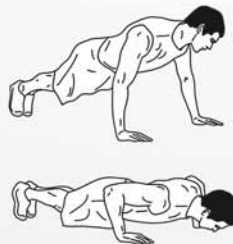
2 close grip push-ups



10 plank arm raises



10 squats



2 wide grip push-ups



10 planks w/ rotations