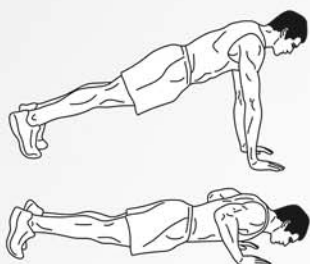


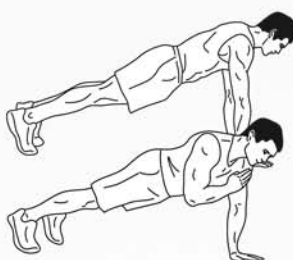
# IMPERIUM

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

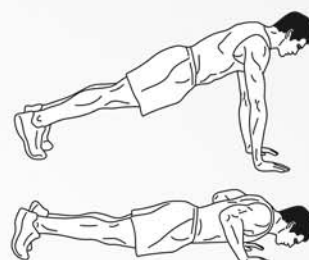
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10 push-ups



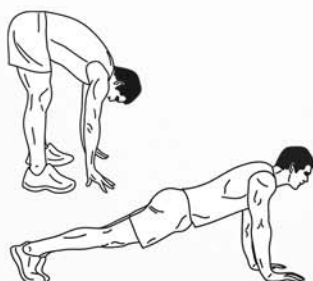
10 shoulder taps



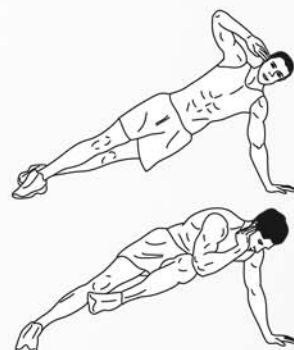
10 push-ups



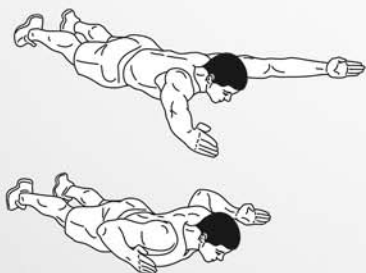
10 plank knee-to-elbow



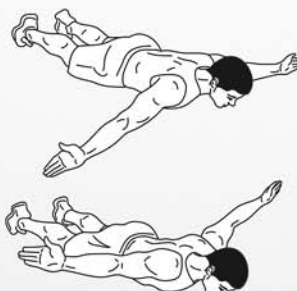
10 plank walk-outs



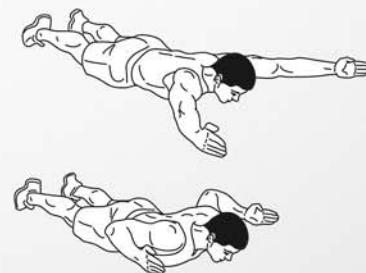
10 plank knee-to-elbow



10 W-extensions



10 prone reverse flies



10 W-extensions