

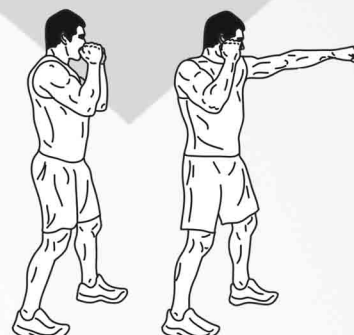
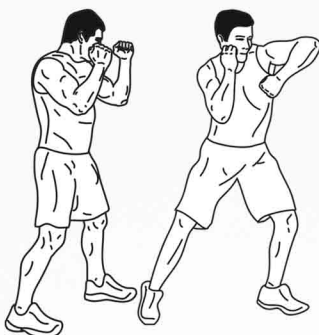
# THE JUDGE

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

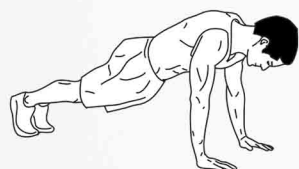
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



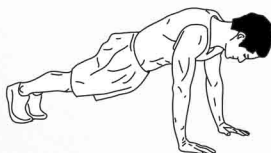
**40 combos** knee strike + elbow strike



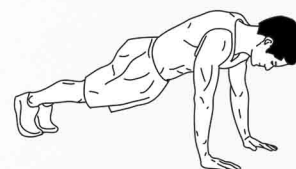
**40 punches**



**10 push-ups**



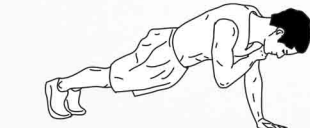
**20 shoulder taps**



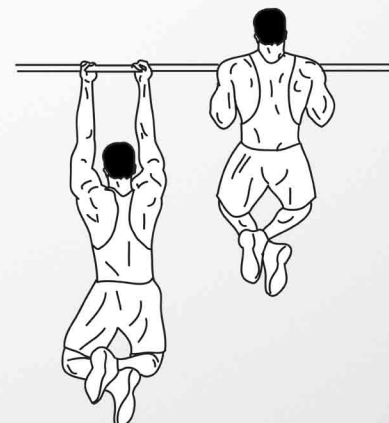
**10 push-ups**



**20 elbow strike sit-ups**



**10 jumping lunges**



**to failure chin-ups**