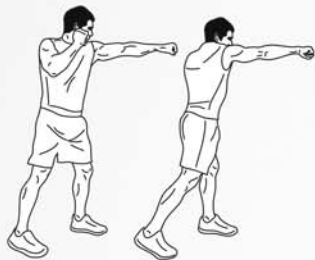


KEEP DEFENDER

DAREBEE WORKOUT @ darebee.com

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



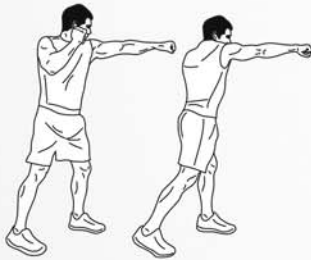
20 punches



4 plank rotations



10 shoulder taps



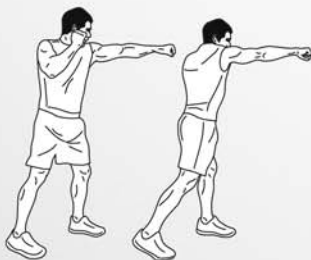
20 punches



4 plank rotations



10 plank leg raises



20 punches



4 plank rotations



10 reverse angels