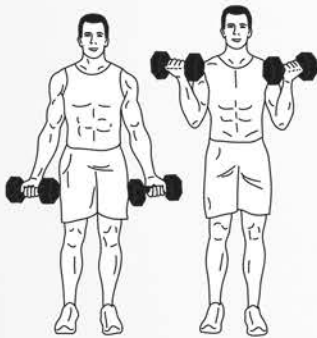


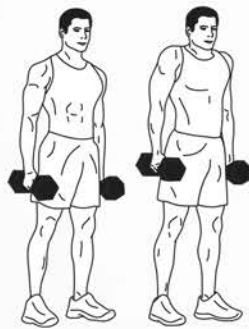
LIKE A BOSS

DAREBEE WORKOUT © darebee.com

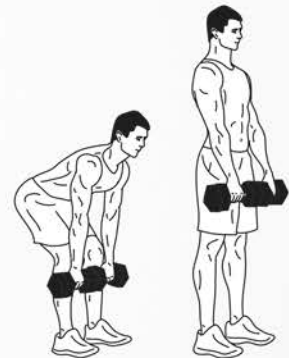
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



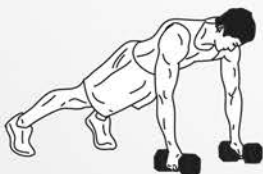
16 bicep curls



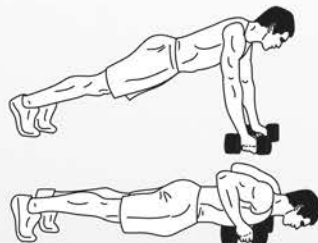
8 shrugs



8 deadlifts



16 renegade rows



to fatigue push-ups



8-count plank hold