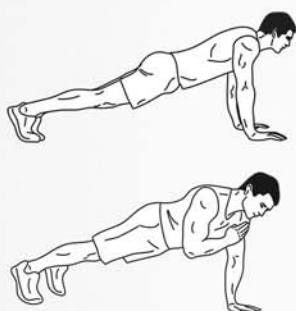


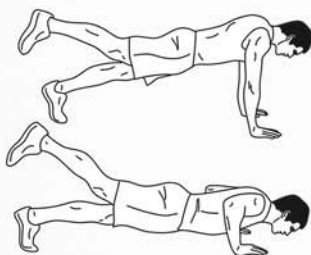
MONSTER HUNTER

DAREBEE WORKOUT @ darebee.com

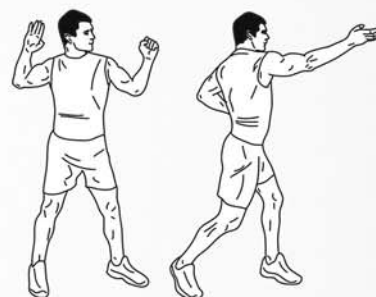
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



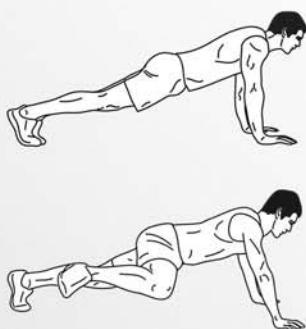
20 shoulder taps



2 raised leg push-ups



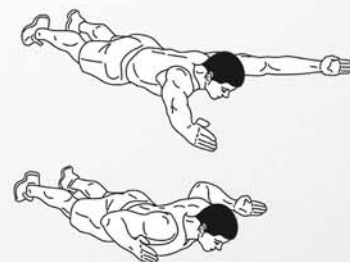
20 knife-hand strikes



6 plank crunches



6 plank rotations



20 W-extensions