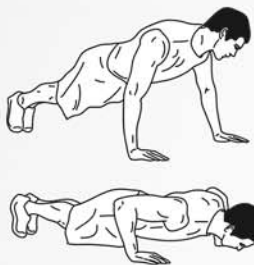


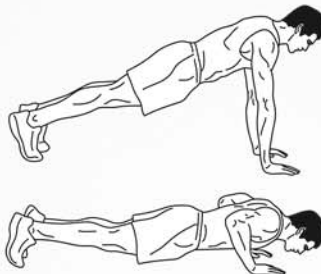
THE MOUNTAIN

DAREBEE WORKOUT @ darebee.com

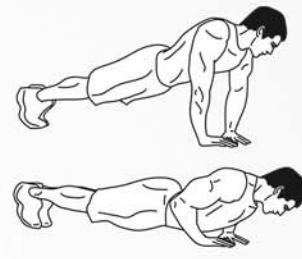
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



5 wide grip push-ups



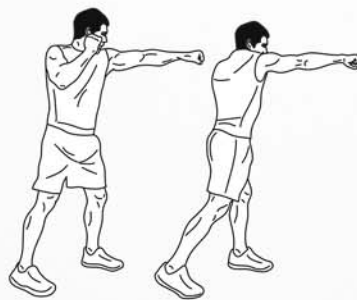
5 mid grip push-ups



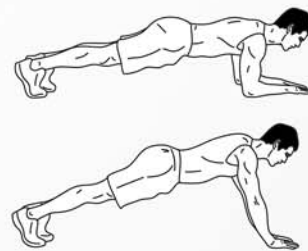
5 close grip push-ups



10 plank rotations



60 punches



5 tricep extensions



20sec plank



20sec uneven plank



20sec elbow plank