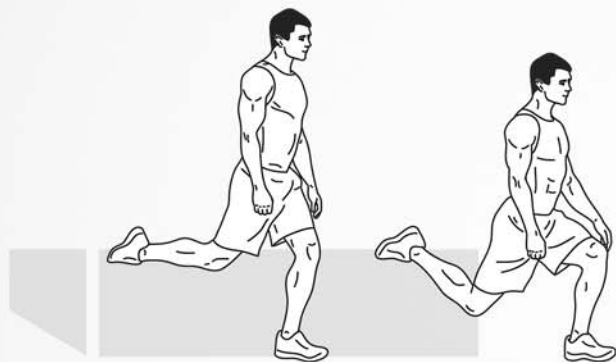


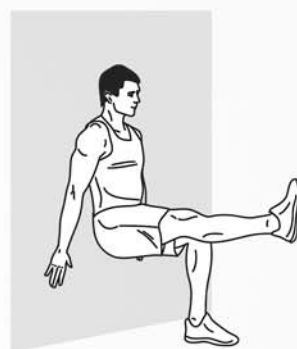
MIR. HYDE

DAREBEE WORKOUT @ darebee.com

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



20 split squats



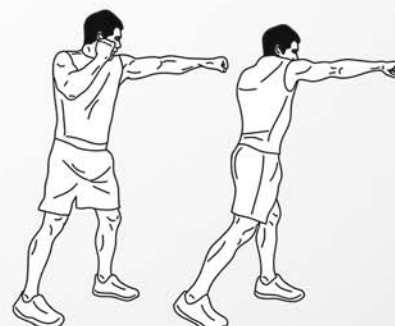
60sec one-leg wall-sit



20 one-arm push-ups



60sec one-arm plank hold



60 punches