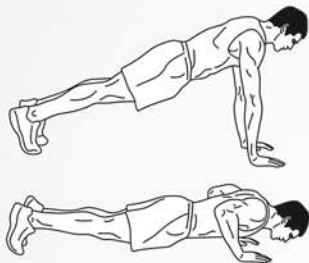


# POWER PUNCH

DAREBEE WORKOUT © [darebee.com](http://darebee.com)

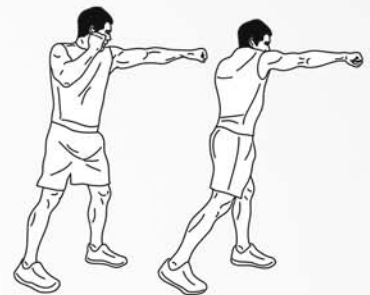
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



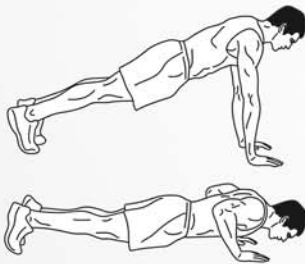
10 push-ups



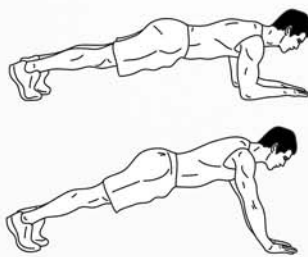
10-count push-up plank



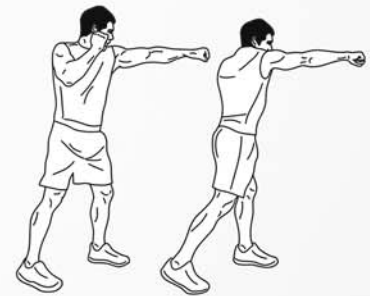
40 punches



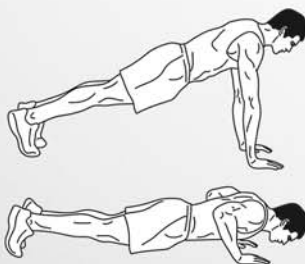
10 push-ups



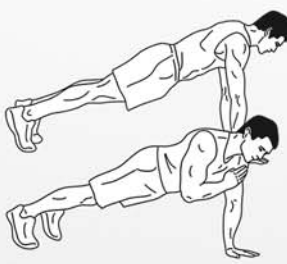
4 tricep extensions



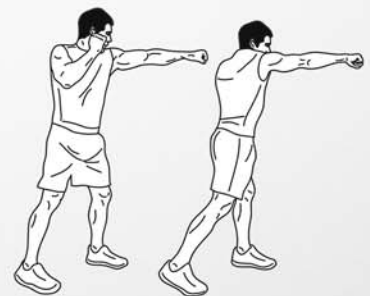
40 punches



10 push-ups



10 shoulder taps



40 punches