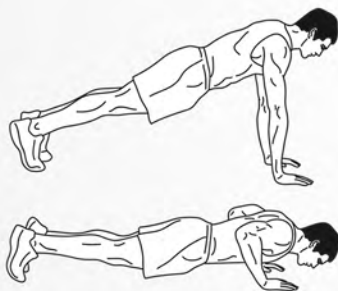


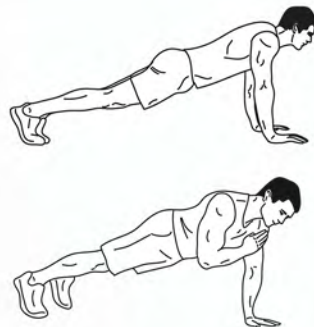
RED REAPER

DAREBEE WORKOUT @ darebee.com

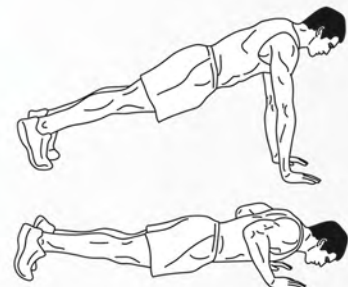
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



15 push-ups



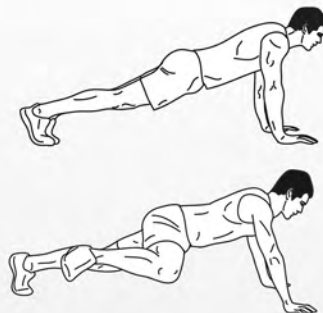
30 shoulder taps



15 push-ups



15-count plank hold



30 plank side crunches



15-count plank hold