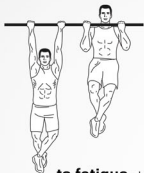


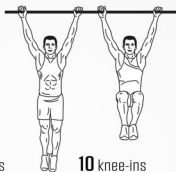
RUTHLESS

DAREBEE WORKOUT @ darebee.com

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



to fatigue chin-ups



10 knee-ins



10 push-ups



10-count push-up hold



10 push-ups



30sec side elbow plank hold / right



30sec side elbow plank hold / left