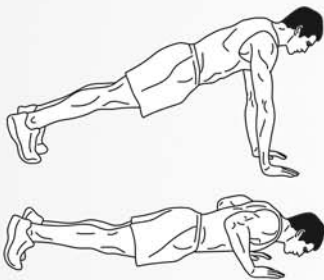


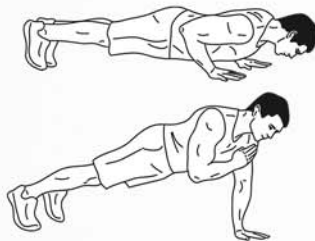
Seraph

DAREBEE WORKOUT @ darebee.com

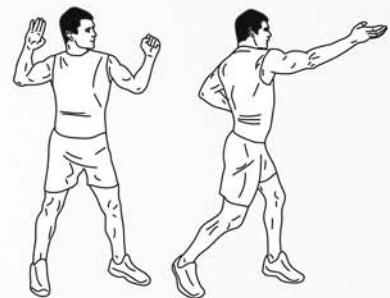
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



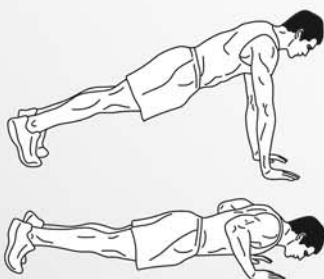
10 push-ups



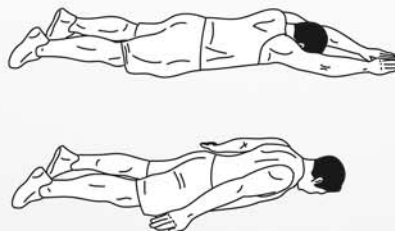
10 push-up shoulder taps



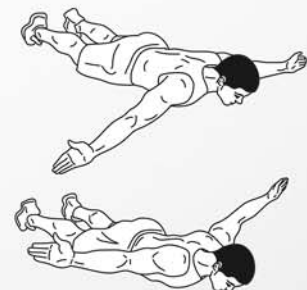
30 knife hand strikes



10 push-ups



10 reverse angels



30 prone reverse flys