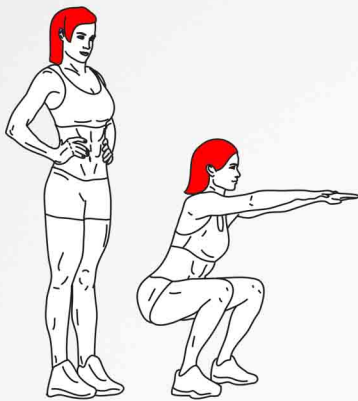


SHEPARD

TRIBUTE WORKOUT BY DAREBEE @ darebee.com

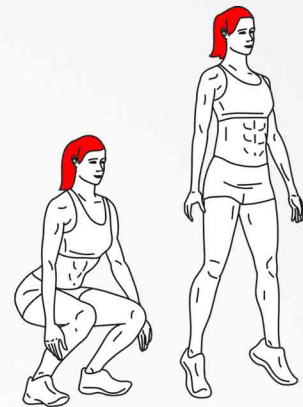
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



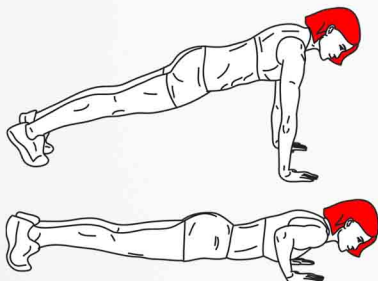
40 squats



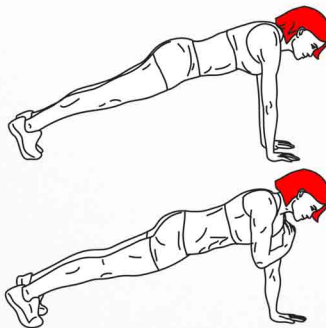
40 punches



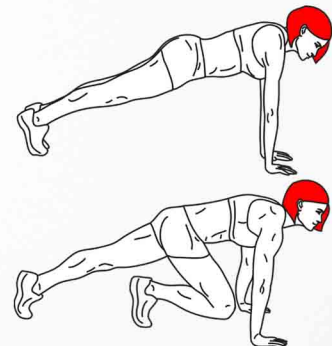
4 jump squats



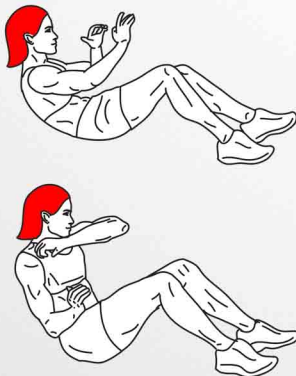
14 push-ups



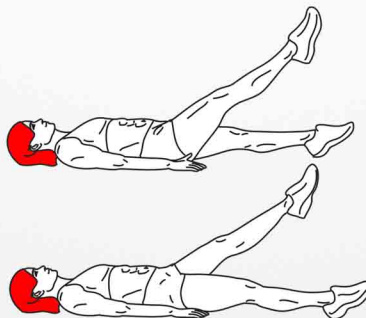
14 shoulder taps



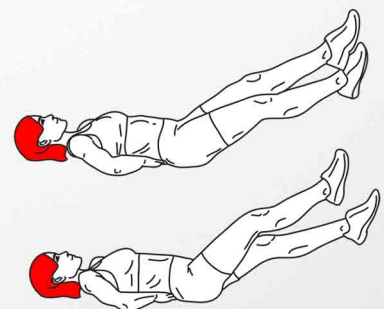
14 slow climbers



14 elbow strike sit-ups



14 flutter kicks



14 scissors