

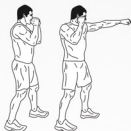
SHEPARD

TRIBUTE WORKOUT BY DAREBEE © darebee.com

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



20 squats



20 punches



4 jump squats



4+ push-ups



14 shoulder taps



14 slow climbers



14 elbow strike sit-ups



14 flutter kicks



14 scissors