

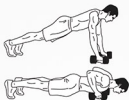
SHREDDER+

DAREBEE WORKOUT @ darebee.com

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



6 squats



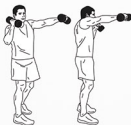
3 push-ups



6 squats



3 push-ups



10 punches



3 push-ups



6 lunges



3 push-ups



6 lunges