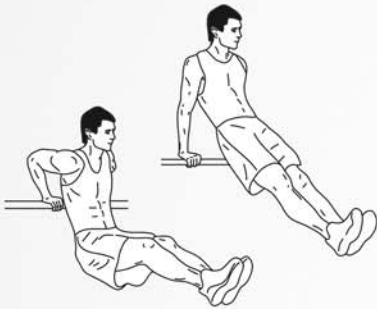


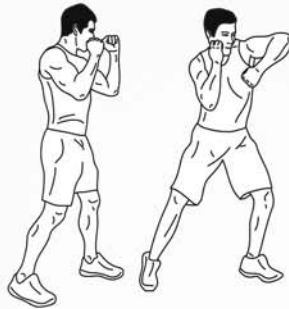
SPACE COWBOY

DAREBEE WORKOUT @ darebee.com

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



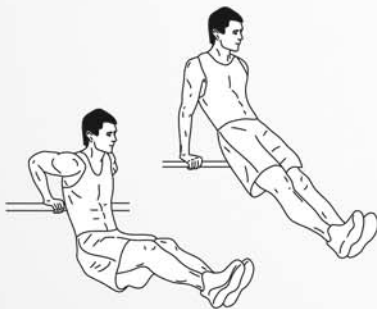
10 tricep dips



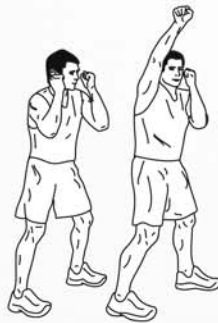
20 elbow strikes



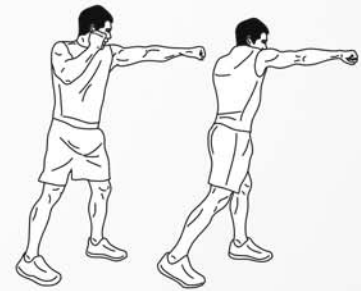
20 upward elbow strikes



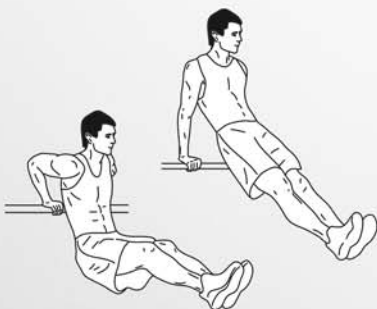
10 tricep dips



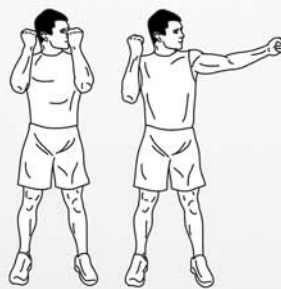
20 overhead punches



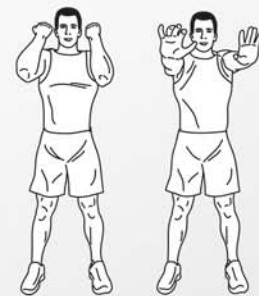
20 punches



10 tricep dips



20 backfists



20 bicep extensions