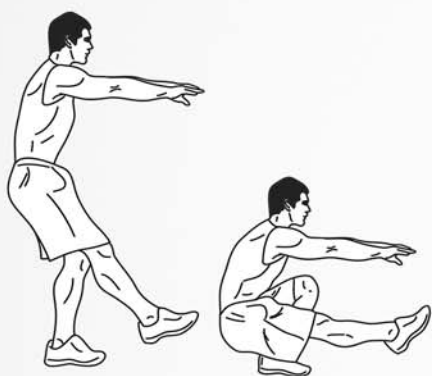


THE BANDIT

DAREBEE WORKOUT @ darebee.com

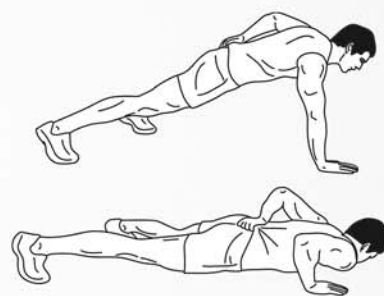
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 pistol squats



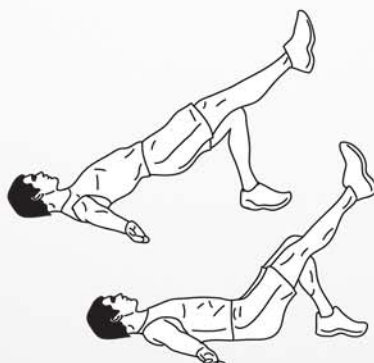
60sec one-arm plank



6 one-arm push-ups



60sec single leg wall-sit



20 single leg bridges



20 get-ups