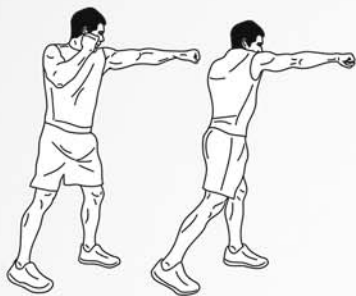


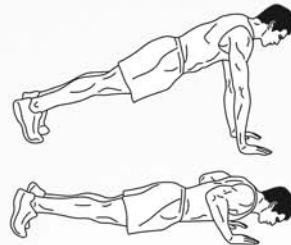
# WRECK IT!

DAREBEE WORKOUT @ [darebee.com](http://darebee.com)

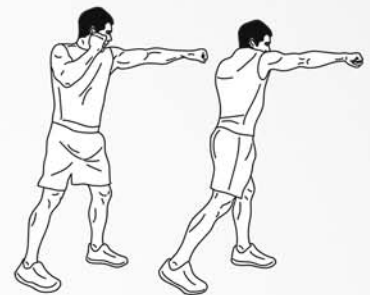
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



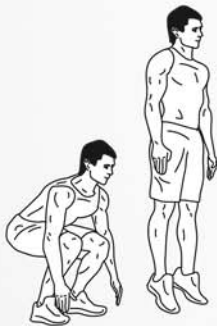
20 punches



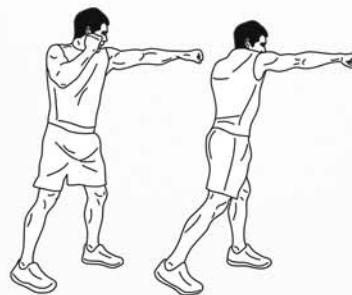
10 push-ups



20 punches



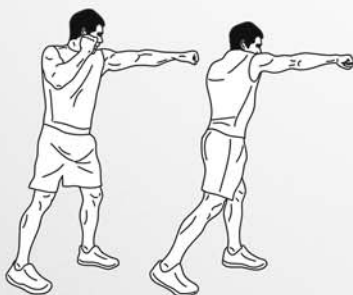
10 jump squats



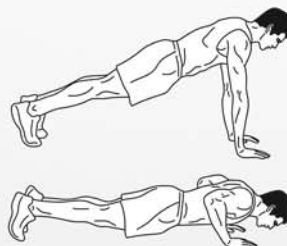
20 punches



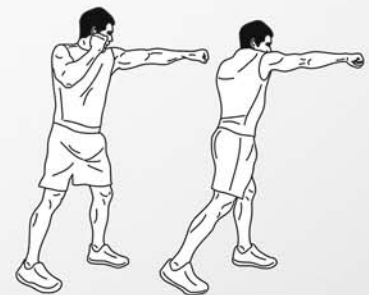
10 jump squats



20 punches



10 push-ups



20 punches