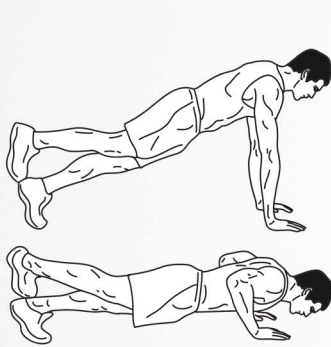


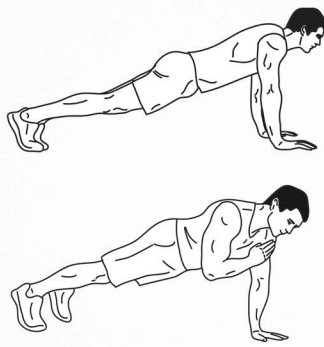
# ACHIEVEMENT UNLOCKED

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

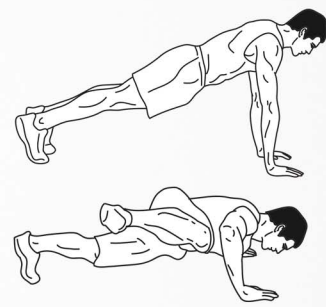
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



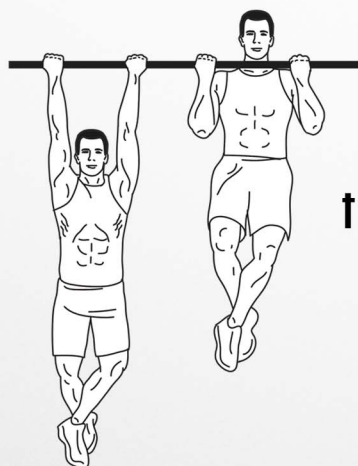
**to fatigue**  
stacked push-ups



**20**  
shoulder taps



**to fatigue**  
push-up crunches



**to fatigue** chin-ups