

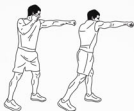
ARMS OF STEEL

DAREBEE WORKOUT @ darebee.com

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



2 push-ups



20 punches



10 thigh taps



10 shoulder taps



20 overhead punches



2 tricep push-ups



40 speed bag punches