

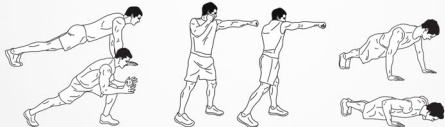
BANSHEE

DAREBEE WORKOUT @ darebee.com

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



max push-up + climber tap (each foot)



10 plank into lunges

40 punches

10 wide grip push-ups



10 up and down planks