

BLACK OPS

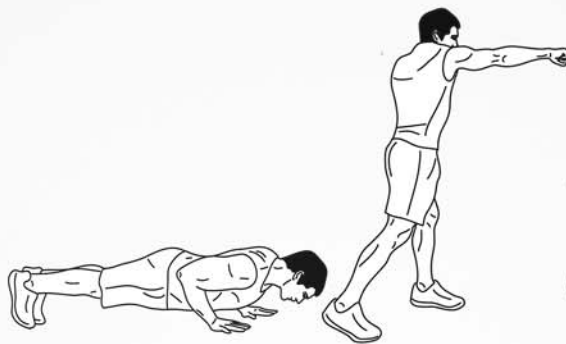
DAREBEE WORKOUT @ darebee.com

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

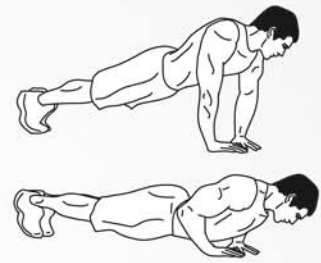
PART I



20 jump squats



20 push-up + jab + cross



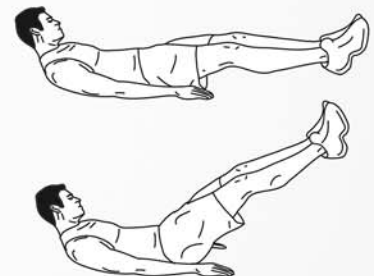
20 tricep push-ups



20 sit-ups

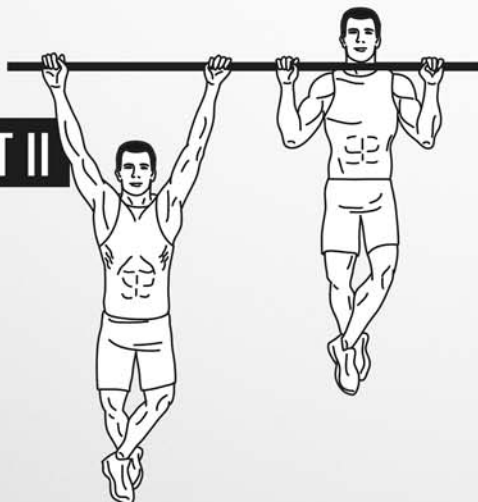


20 knee-in & twist



20 leg raises

PART II



to failure pull-ups
to failure pull-ups
to failure pull-ups

1 minute rest
1 minute rest
done