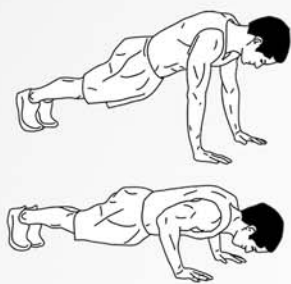


BODYGUARD

DAREBEE WORKOUT © darebee.com

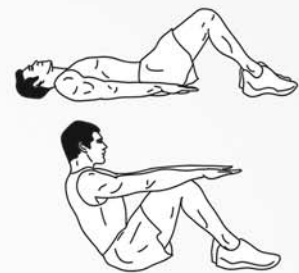
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



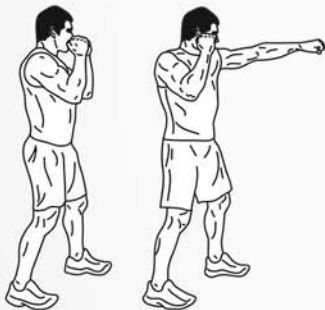
10 push-ups



10 squats



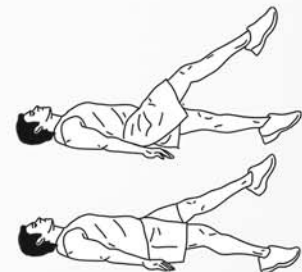
10 sit-ups



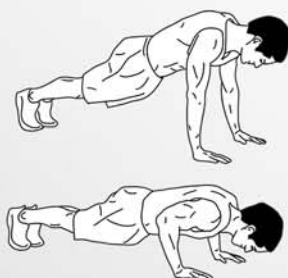
20 punches



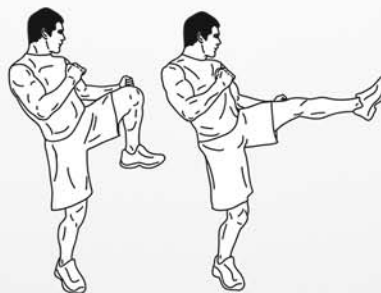
10 lunges



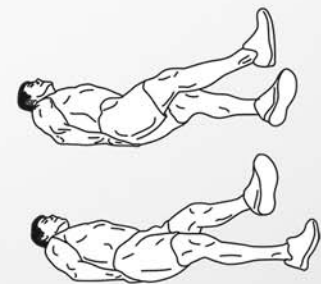
20 flutter kicks



10 push-ups



20 front kicks



10 scissors