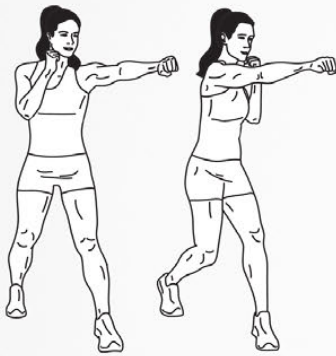


BRAVE NEW ME

DAREBEE WORKOUT @ darebee.com

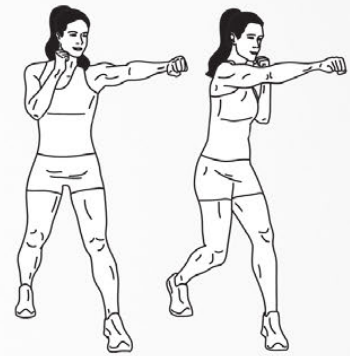
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



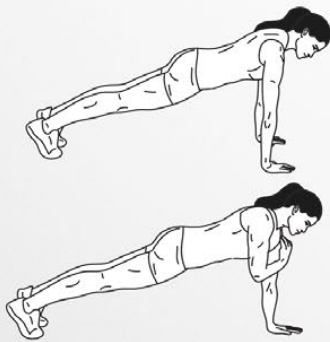
20 punches



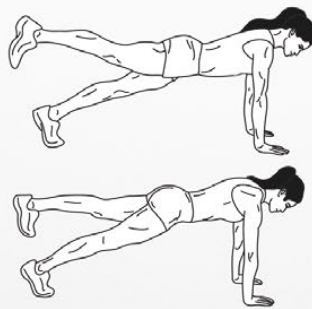
10 plank rotations



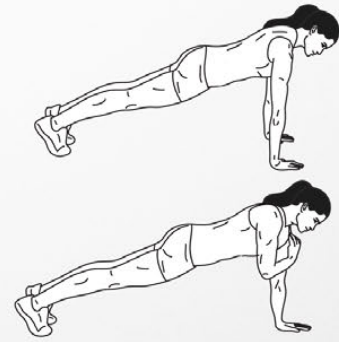
20 punches



20 shoulder taps



10 plank leg raises



20 shoulder taps