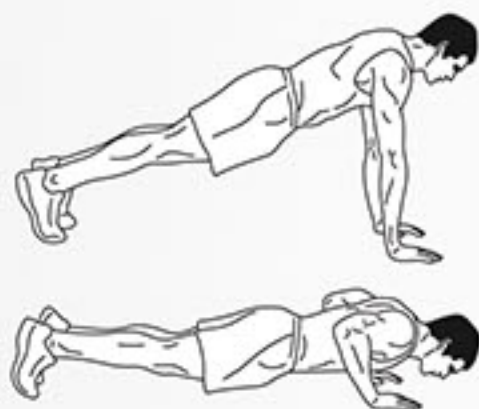


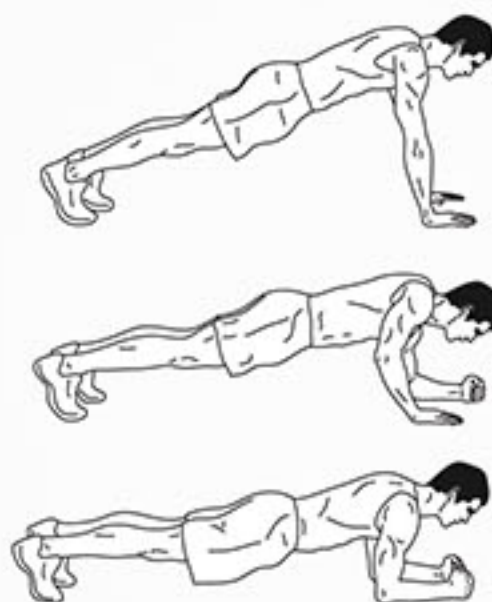
# chest, arms & core

DAREBEE WORKOUT @ [darebee.com](http://darebee.com)

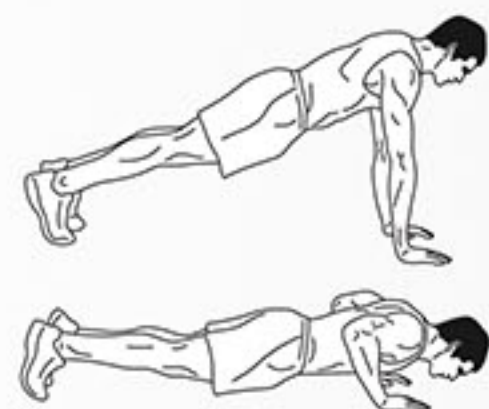
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



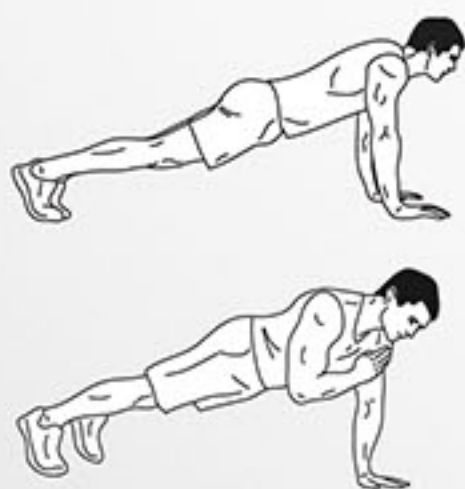
4 push-ups



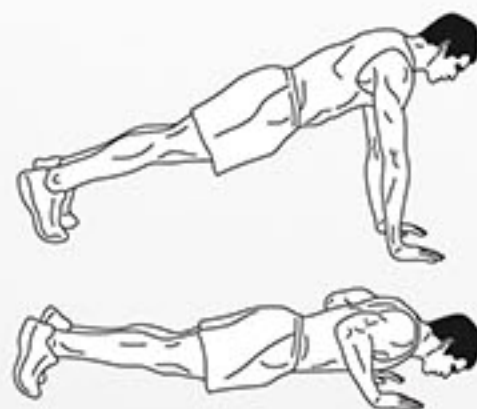
4 up & down planks



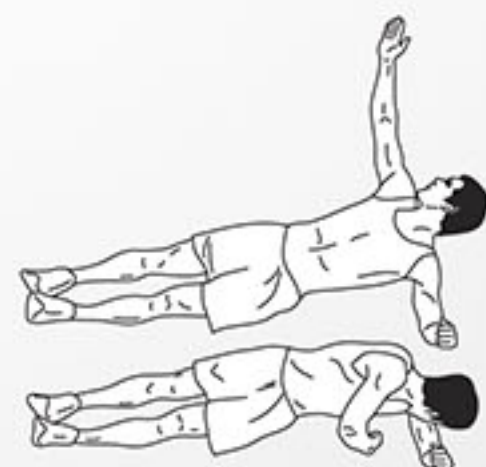
4 push-ups



20 shoulder taps



4 push-ups



20 side plank rotations