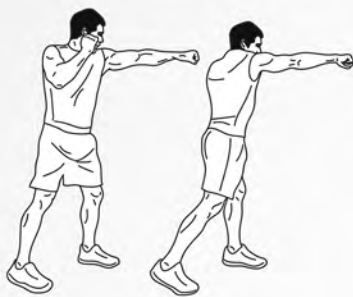


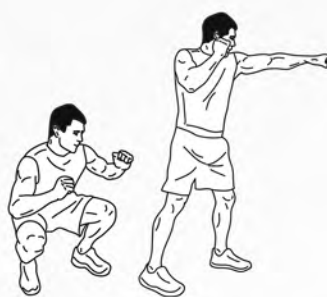
THE COMMANDER

DAREBEE WORKOUT @ darebee.com

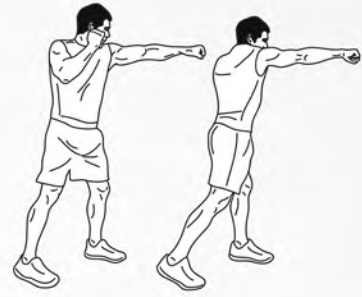
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



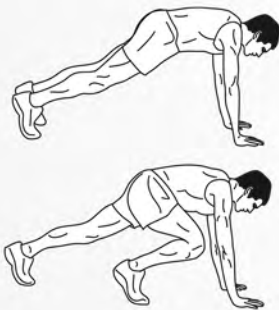
40 jab + cross



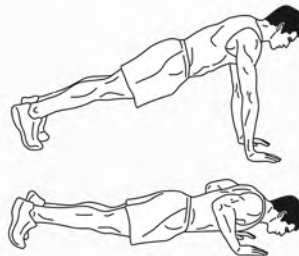
20 squat + jab



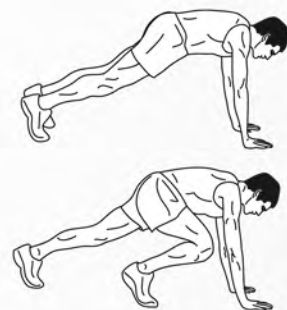
40 jab + cross



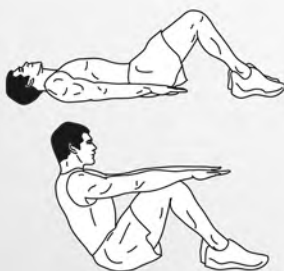
20 slow climber



20 push-ups



20 slow climbers



20 sit-ups



20 sitting twists



20 sit-ups