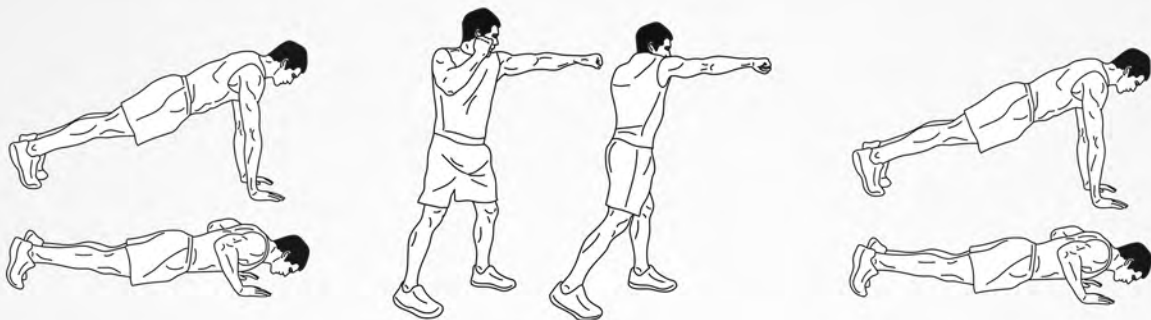


CYPHER

DAREBEE WORKOUT @ darebee.com

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



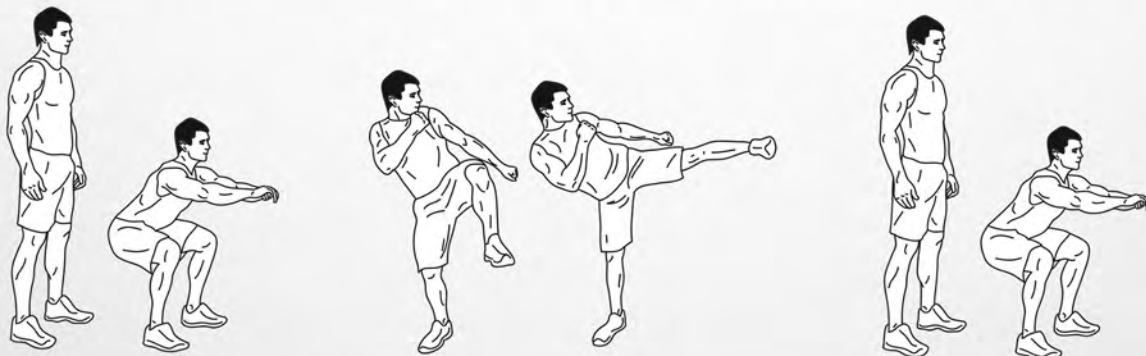
4combos: 2 push-up + 10 jab + cross

10 slow push-ups



4combos: 2 sit-ups + 10 sitting twists

10 slow sit-ups



4combos: 2 squats + 10 side kicks

10 slow squats