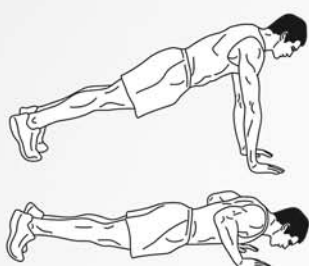


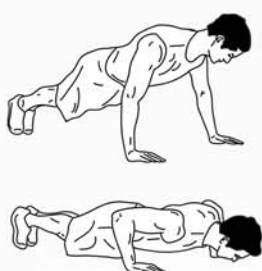
EQUALIZER

DAREBEE WORKOUT © darebee.com

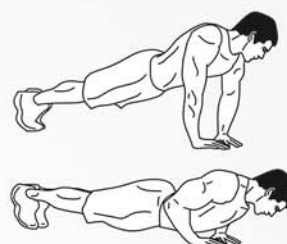
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



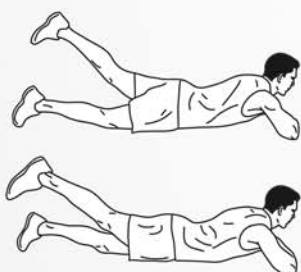
4 push-ups



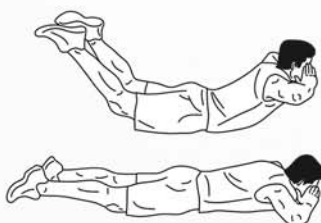
2 wide grip push-ups



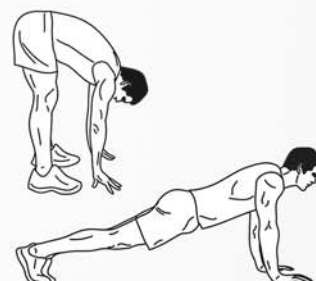
2 close grip push-up



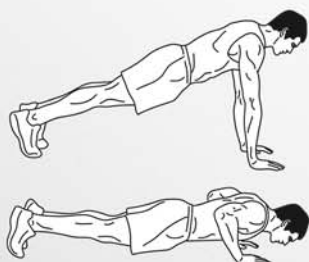
10 reverse flutter kicks



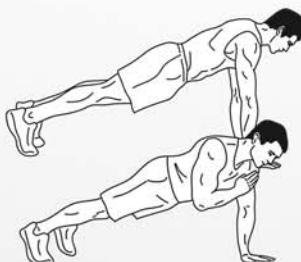
4 back extensions



4 plank walk-outs



4 push-ups



2 shoulder taps



2 raised leg push-ups