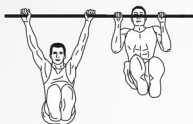


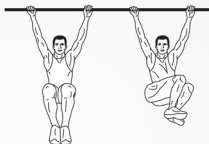
EXTREME

DAREBEE WORKOUT © darebee.com

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



to failure raised legs pull-ups



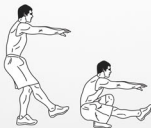
to failure raised knees twists



to failure circle push-ups



to failure push-up plank hold



to failure pistol squats