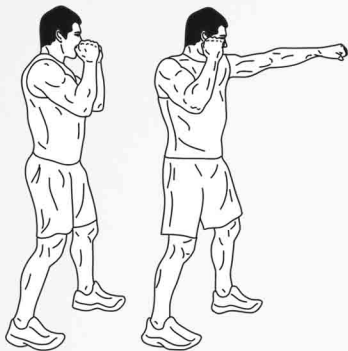




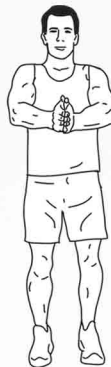
FULL METAL

DAREBEE WORKOUT @ darebee.com

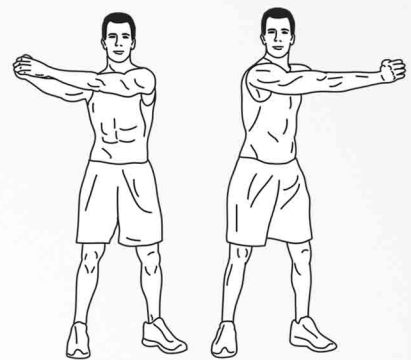
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



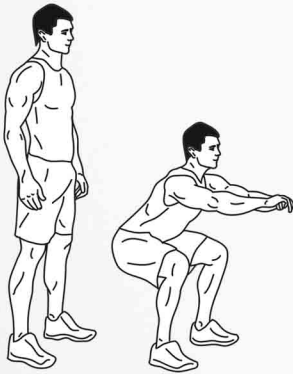
20 punches



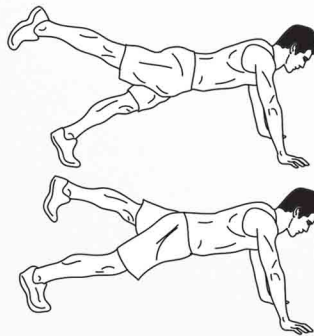
10 chest squeezes



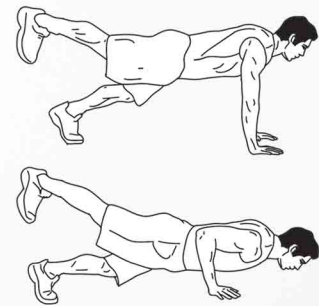
20 side-to-side chops



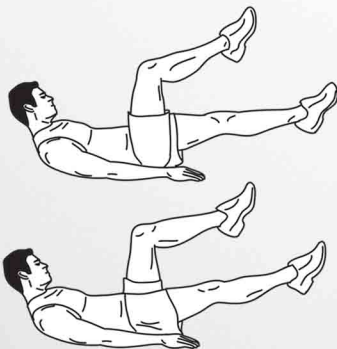
20 squats



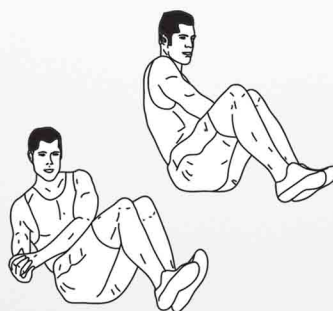
20 plank leg raises



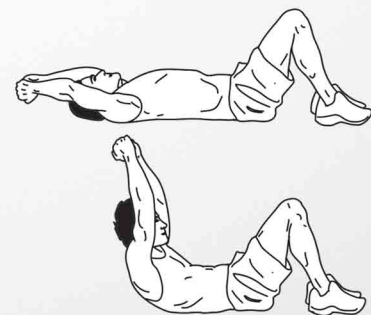
4 raised leg push-ups



10 air bike crunches



10 sitting twists



10 long arm crunches