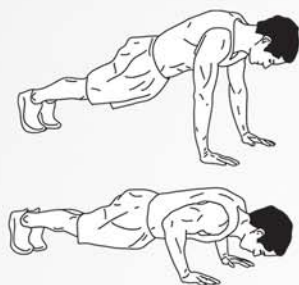


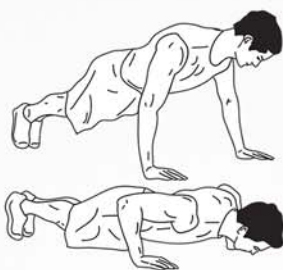
GRAVITY

DAREBEE WORKOUT @ darebee.com

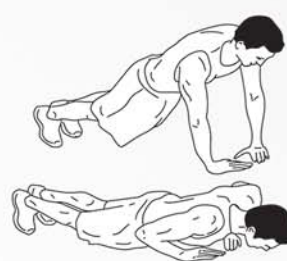
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST 2 minutes



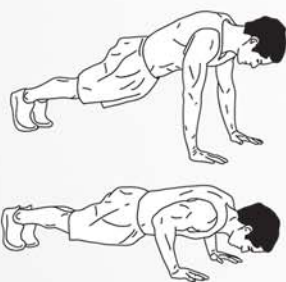
4 push-ups



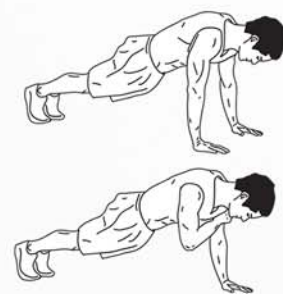
4 wide grip



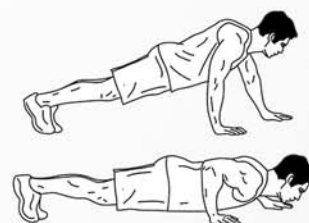
2 close grip



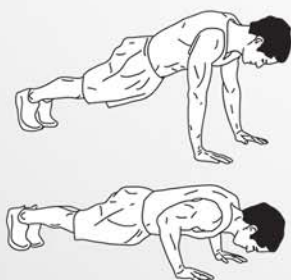
4 push-ups



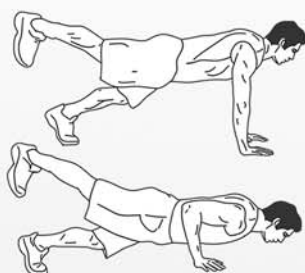
4 shoulder taps



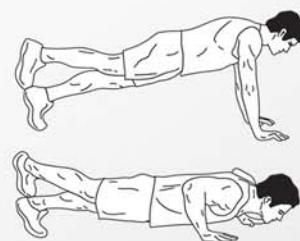
2 staggered



4 push-ups



4 raised leg



2 stacked feet