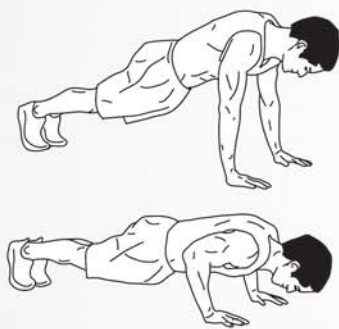


# GUTS

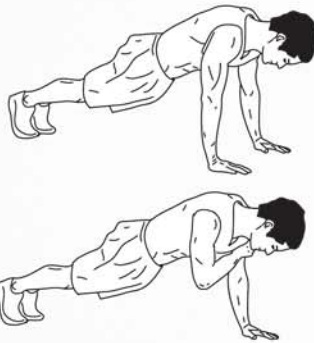
DAREBEE WORKOUT @ [darebee.com](https://darebee.com)

**100 reps** in total each exercise | split into manageable sets

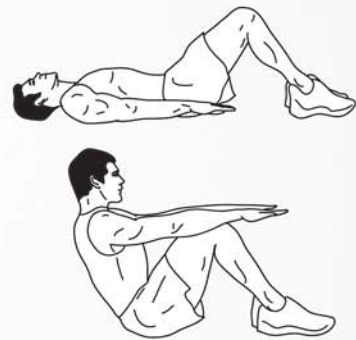
**Level I** throughout the day **Level II** repeat once **Level III** twice in one day



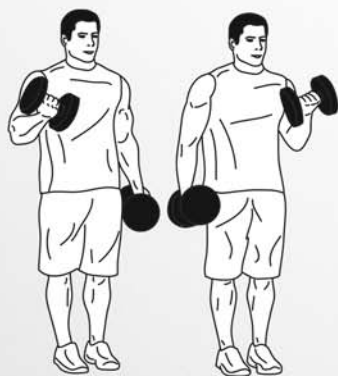
push-ups



shoulder taps



sit-ups



bicep curls



squats



lunges