

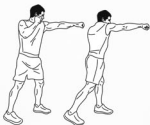
THE HYBRID

DAREBEE WORKOUT @ darebee.com

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



10 push-up renegade rows



20 punches



20 overhead punches



10 bicep curls



20 hooks



20 uppercuts