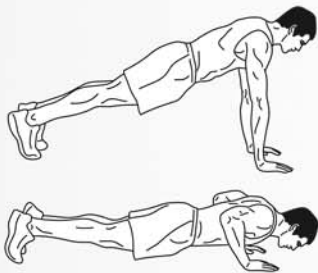


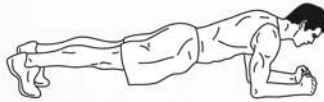
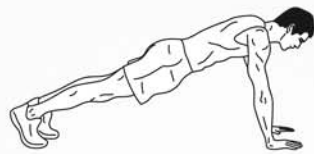
# KING

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

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



**20** push-ups



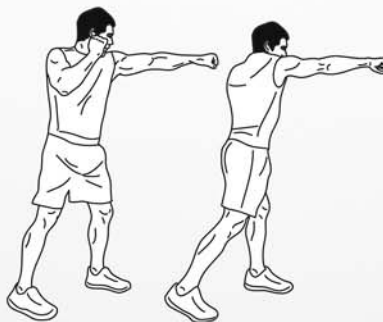
**5** up and down planks



**20** plank crunches



**20** push-ups



**50** punches



**50** overhead punches