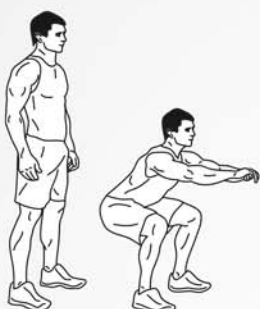


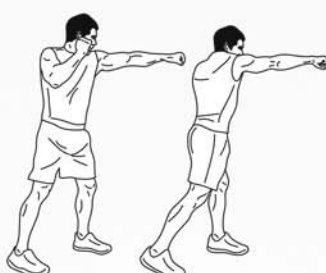
LEVIATHAN

DAREBEE WORKOUT @ darebee.com

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



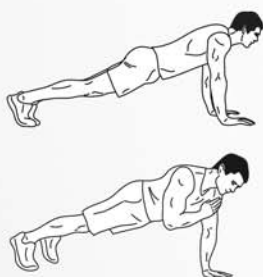
10 squats



20 punches



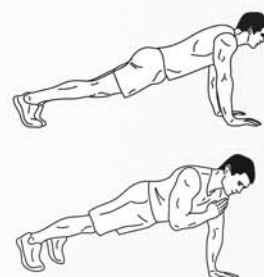
10 squats



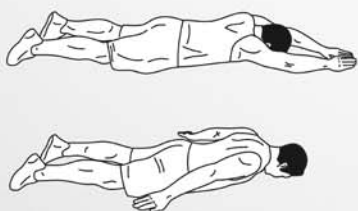
20 shoulder taps



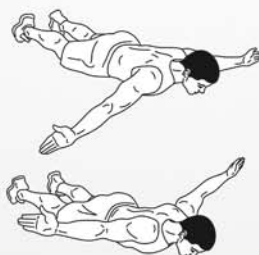
10 plank rotations



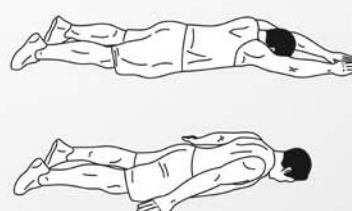
20 shoulder taps



10 reverse angels



20 prone reverse flys



10 reverse angels