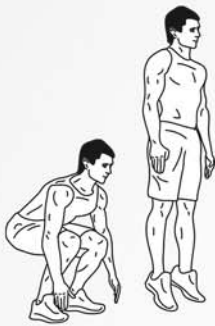


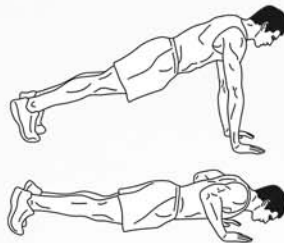
# MELIODAS

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

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



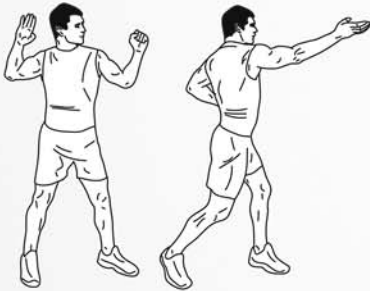
5 jump squats



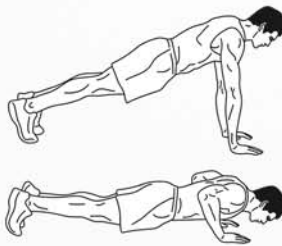
5 push-ups



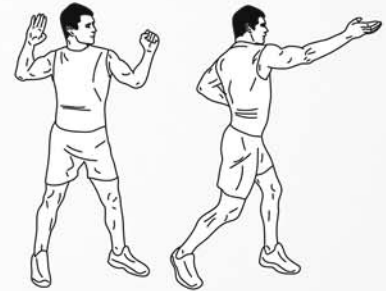
5 jump squats



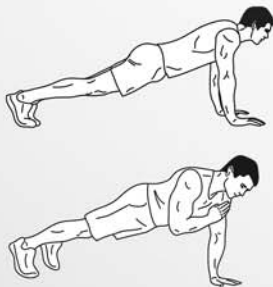
10 knife hand strikes



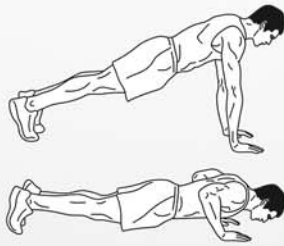
5 push-ups



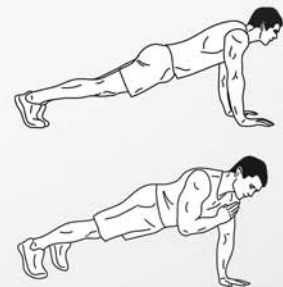
10 knife hand strikes



10 shoulder taps



5 push-ups



10 shoulder taps