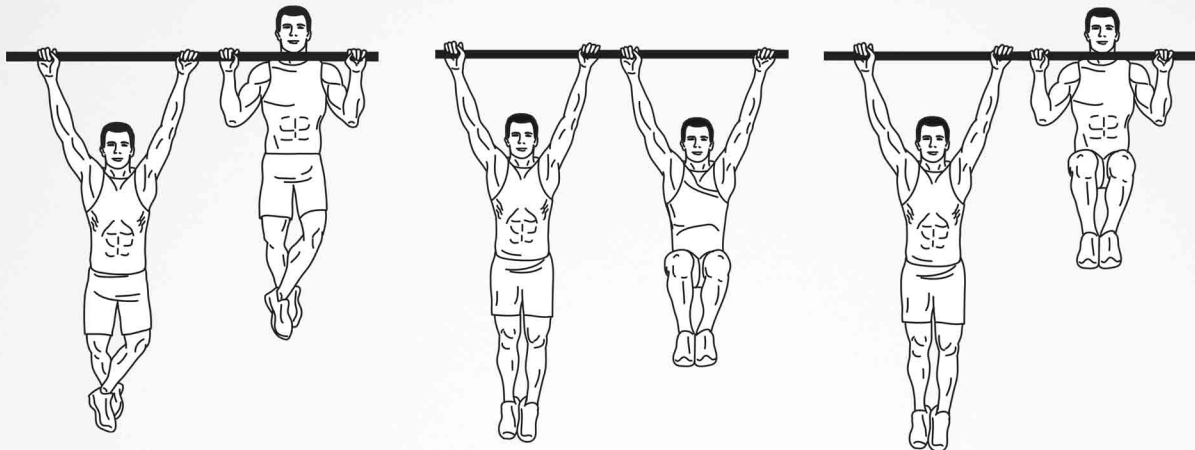


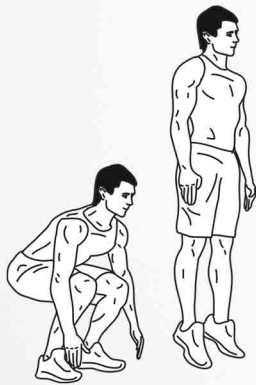
MERC

DAREBEE WORKOUT @ darebee.com

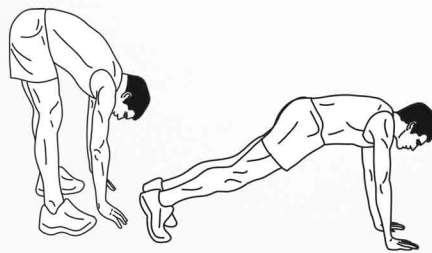
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



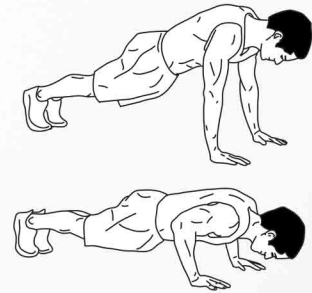
to failure combo pull-up + knee raise + knee raised pull-up



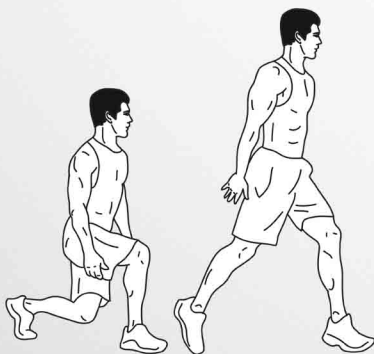
20 jump squats



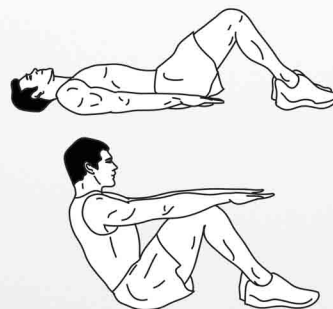
10 plank walk-outs



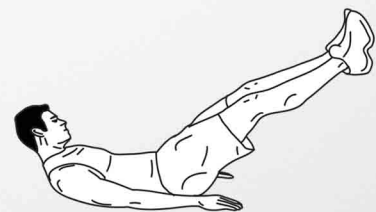
to failure push-ups



20 jumping lunges



20 sit-ups



to failure raised leg hold