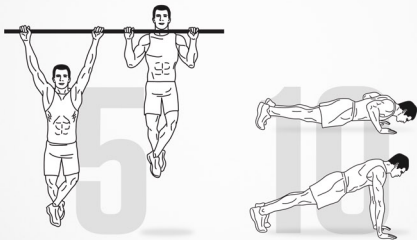


# Nickels & Dimes

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



COMPLETE

**5 PULL-UPS & 10 PUSH-UPS**

EVERY 2 MINUTES

UNTIL THE TIME IS UP

WORKOUT TIME:

LEVEL I 10 minutes

LEVEL II 20 minutes

LEVEL III 30 minutes