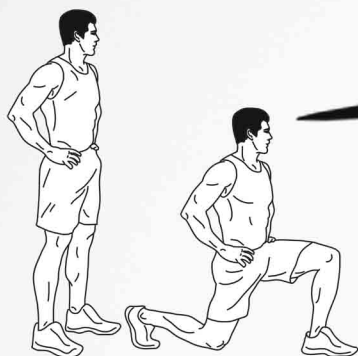


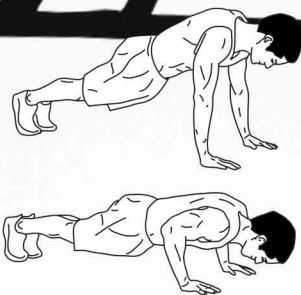
NIGHT'S WATCH

TRIBUTE WORKOUT @ darebee.com

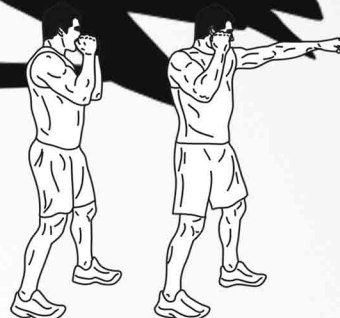
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



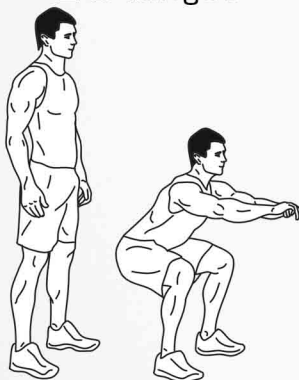
20 lunges



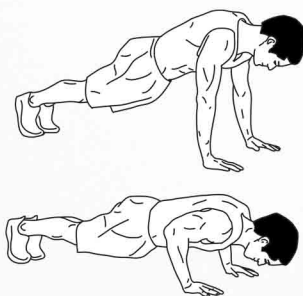
5 push-ups



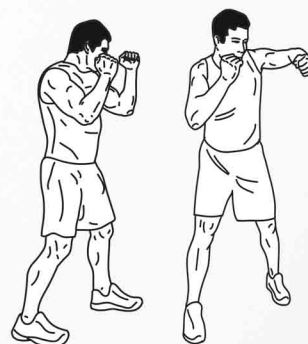
20 punches



20 squats



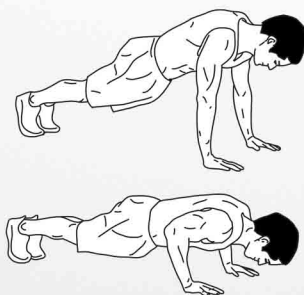
5 push-ups



20 hooks



20 knee strikes



5 push-ups



20 uppercuts