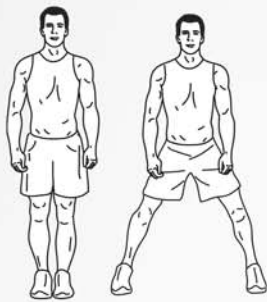


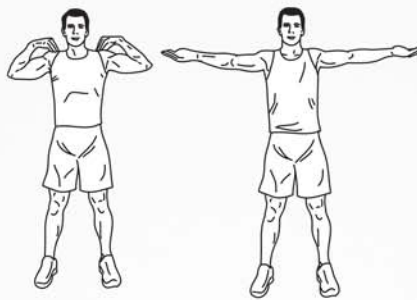
# No-Nonsense

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

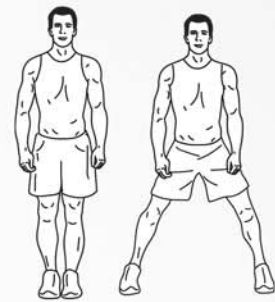
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



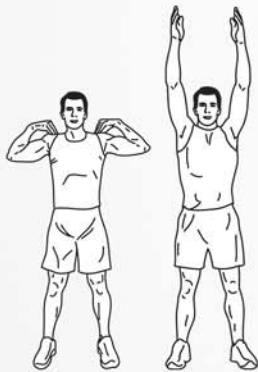
**10** half jacks



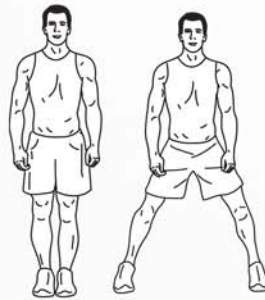
**10** side shoulder taps



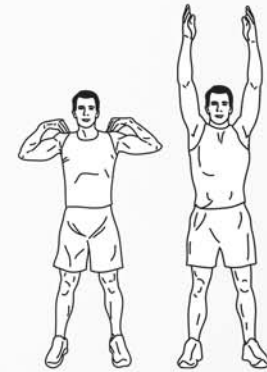
**10** half jacks



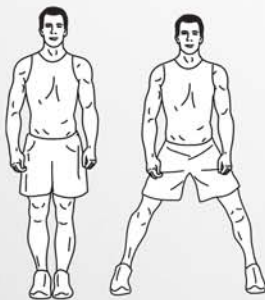
**10** shoulder taps



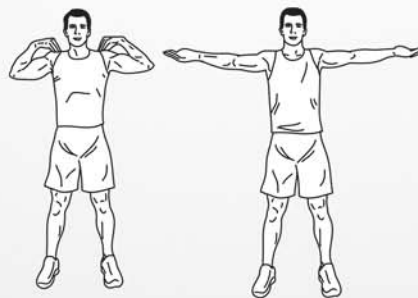
**10** half jacks



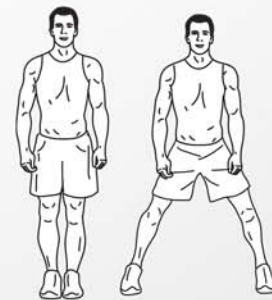
**10** shoulder taps



**10** half jacks



**10** side shoulder taps



**10** half jacks