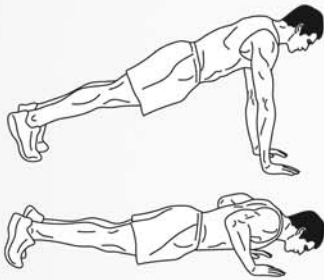


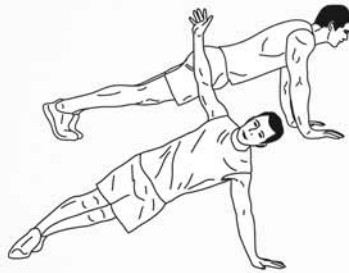
# PECS

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

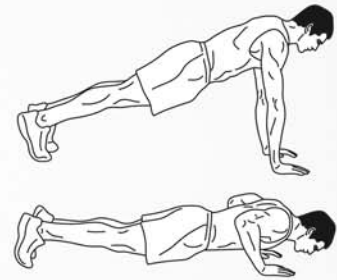
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



**5** push-ups



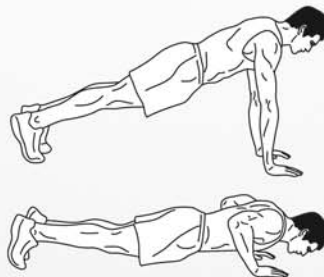
**10** plank rotations



**5** push-ups



**5-count** push-up plank hold



**5** push-ups



**5-count** push-up plank hold