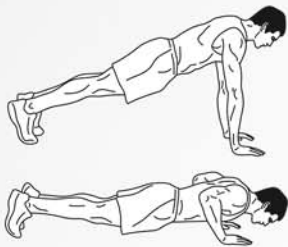


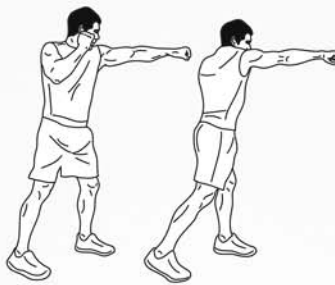
# PENDRAGON

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

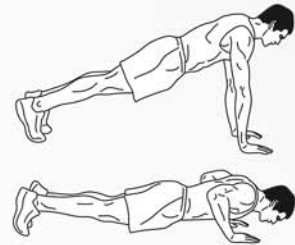
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



4 push-ups



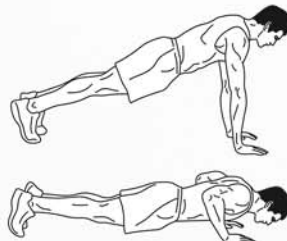
20 punches



4 push-ups



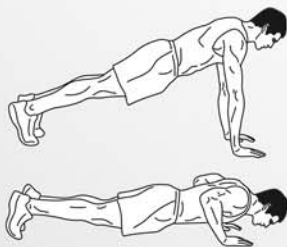
20 overhead punches



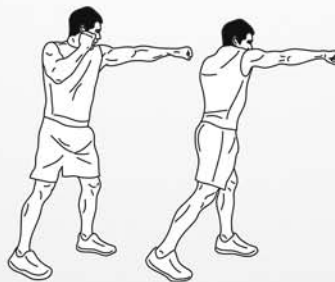
4 push-ups



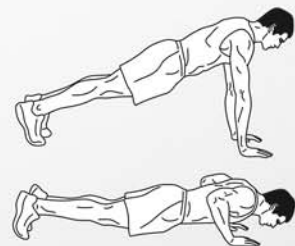
20 overhead punches



4 push-ups



20 punches



4 push-ups