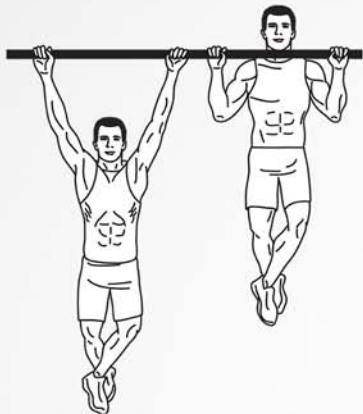


# POSTAL

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

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



**to failure** pull-ups



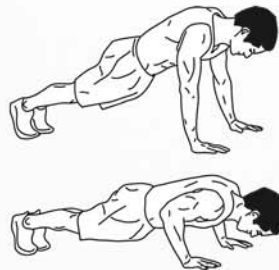
**20** lunges



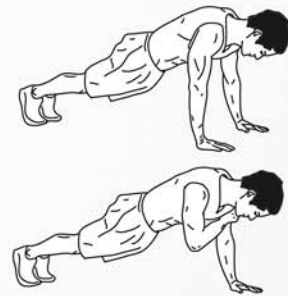
**20** lunge step-ups



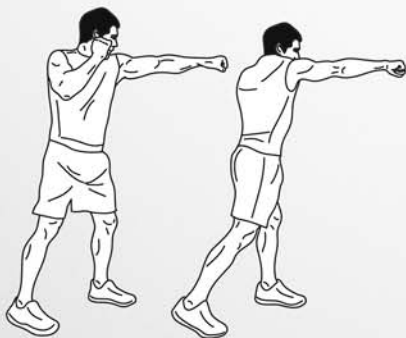
**40** overhead punches



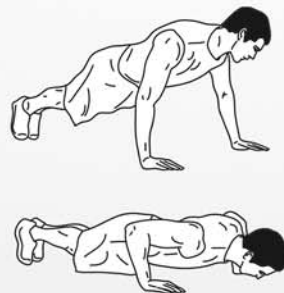
**10** push-ups



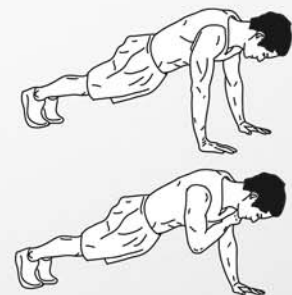
**10** shoulder taps



**40** punches



**10** wide grip push-ups



**10** shoulder taps