

POWER PUNCH

DAREBEE WORKOUT © darebee.com

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



10 push-ups



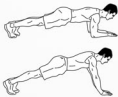
10-count push-up plank



40 punches



10 push-ups



4 tricep extensions



40 punches



10 push-ups



10 shoulder taps



40 punches