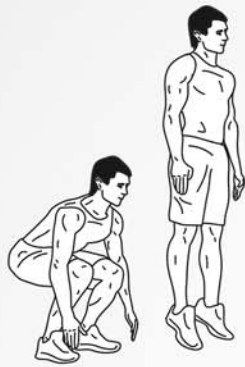


PROMETHEUS

DAREBEE WORKOUT @ darebee.com

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



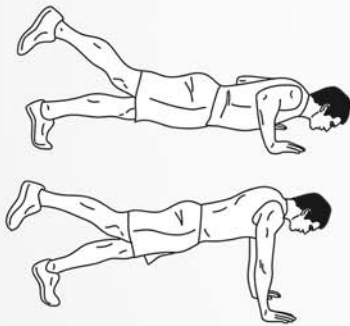
10 jump squats



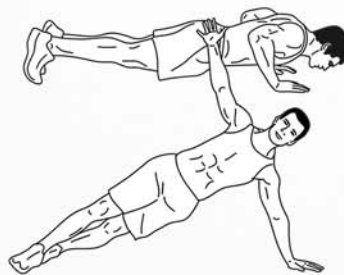
10 squats



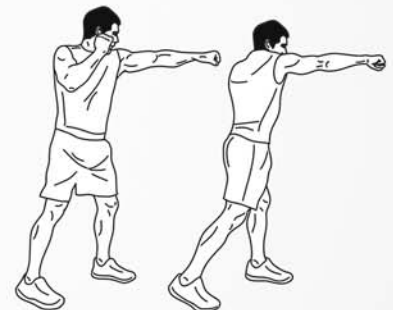
40 squat hold punches



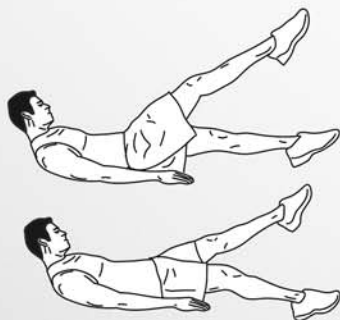
10 raised leg push-ups



4 push-up w/ rotations



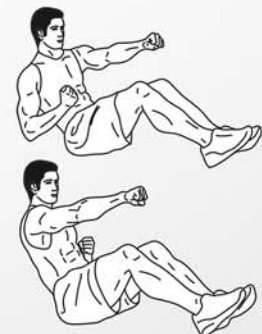
40 punches



10 flutter kicks



10 sit-up punches



40 sitting punches