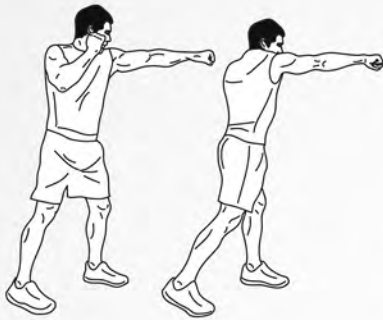


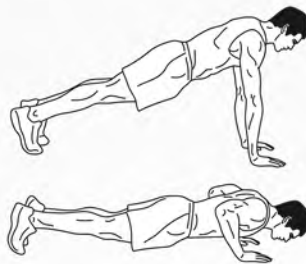
PUNCH OUT!

DAREBEE WORKOUT @ darebee.com

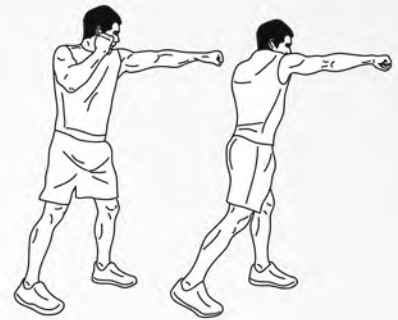
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



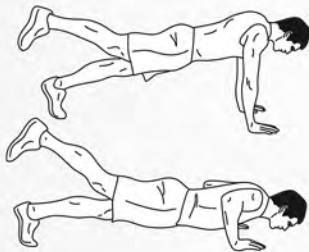
20 punches



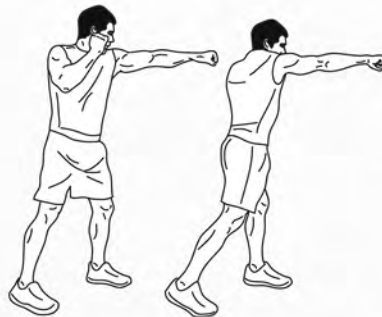
6 push-ups



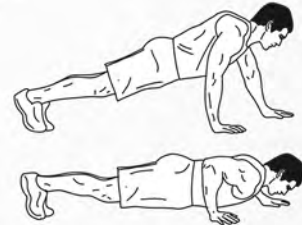
20 punches



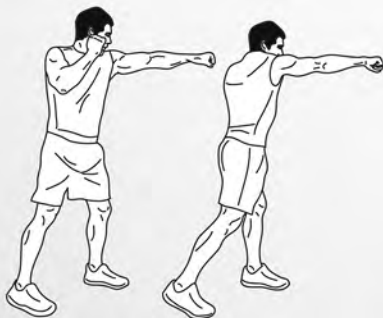
6 raised leg push-ups



20 punches



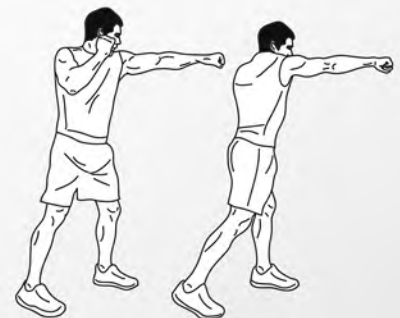
6 staggered push-ups



20 punches



6 push-up + rotation



20 punches