

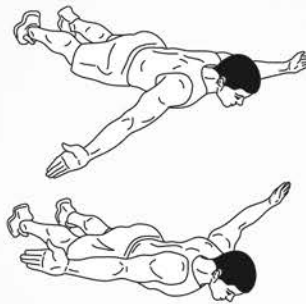
PUSH!

DAREBEE WORKOUT @ darebee.com

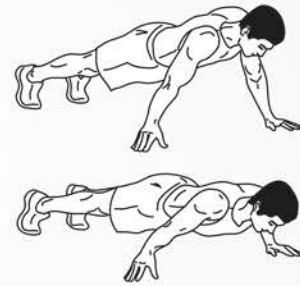
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



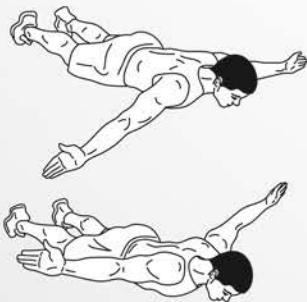
6 staggered push-ups



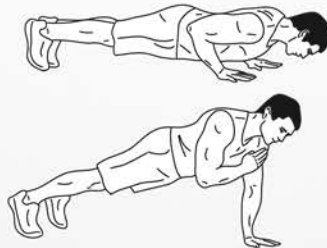
10 prone reverse fly



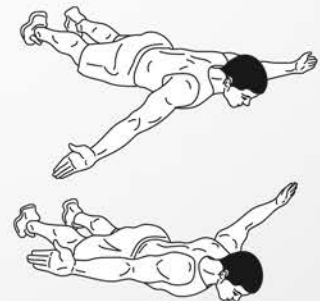
6 archer push-ups



10 prone reverse fly



6 push-up shoulder taps



10 prone reverse fly