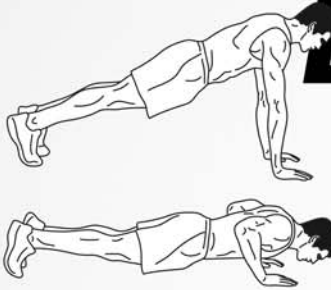


# PUSH-UP MASSAGE

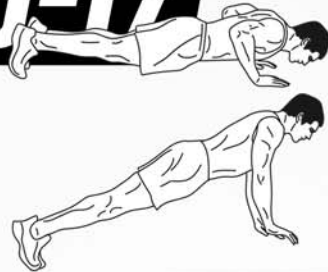
DAREBEE WORKOUT  
@ [darebee.com](http://darebee.com)

LEVEL I 3 sets  
LEVEL II 4 sets  
LEVEL III 5 sets  
2 minutes rest

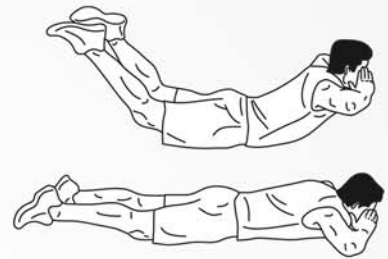
## NC-17



**10** classic push-ups



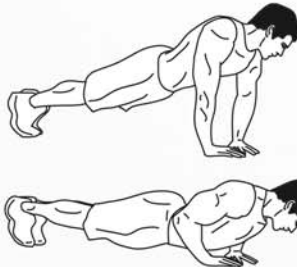
**10** power push-ups



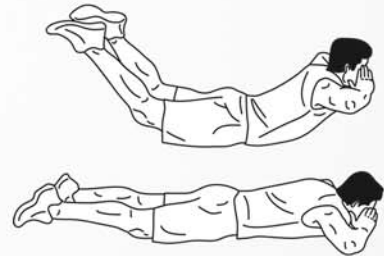
**5** back extensions



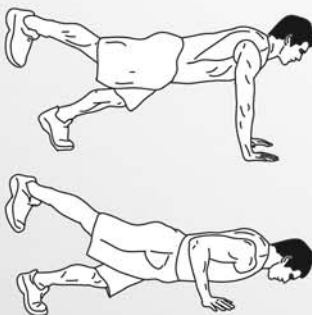
**10** wide grip push-ups



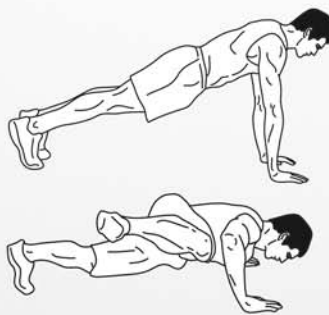
**10** close grip push-ups



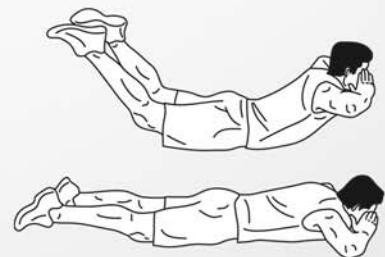
**5** back extensions



**10** raised leg push-ups



**10** side crunch push-ups



**5** back extensions