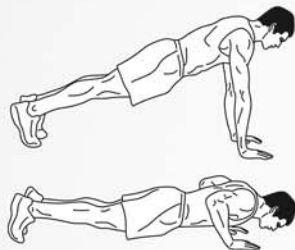


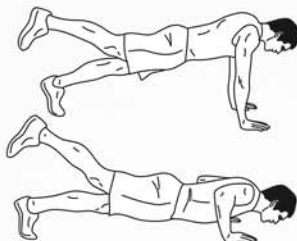
PUSH-UP PARTY

DAREBEE WORKOUT @ darebee.com

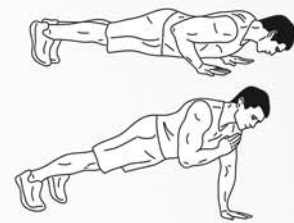
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



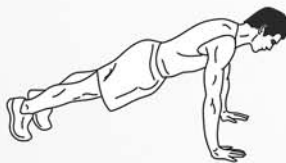
2 classic push-ups



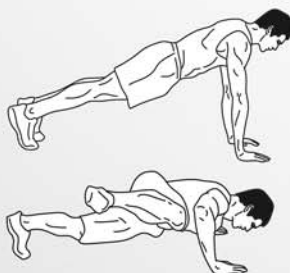
2 raised leg push-ups



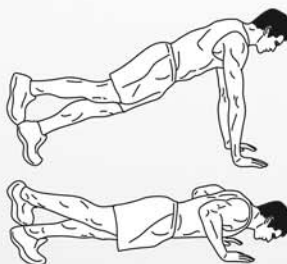
2 shoulder tap push-ups



4 sky diver push-ups



2 push-up side crunches



2 stacked push-ups



2 push-ups with rotation