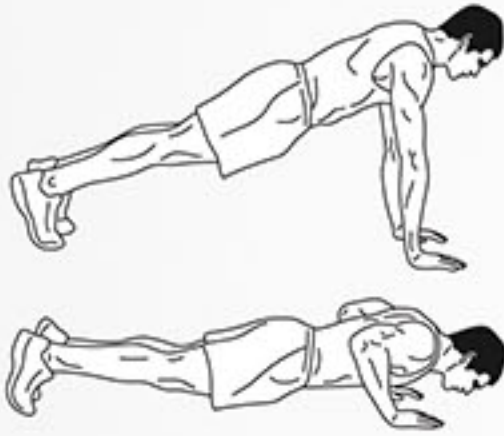


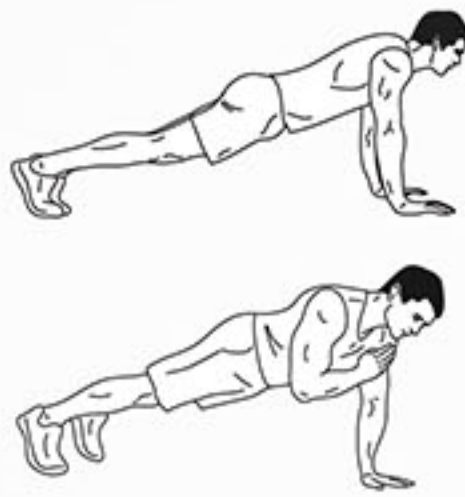
# SAILOR

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

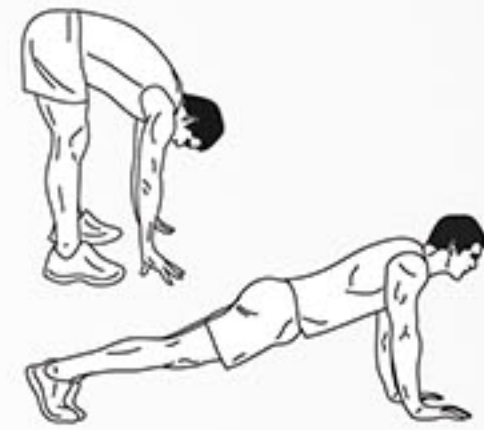
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



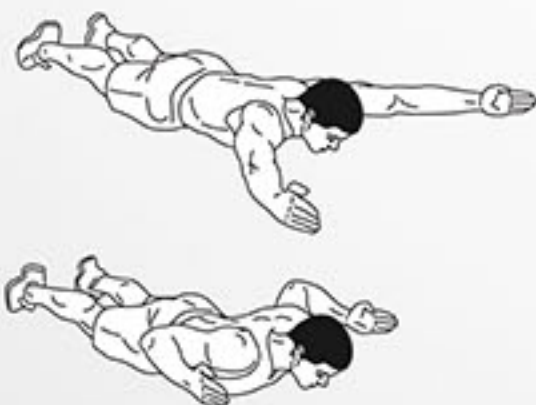
**5** push-ups



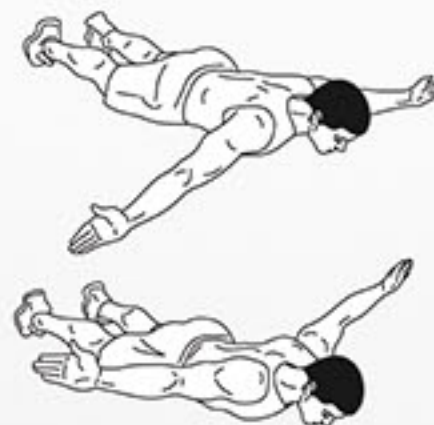
**20** shoulder taps



**5** plank walk-outs



**10** W-extensions



**10** prone reverse fly



**10** back extensions