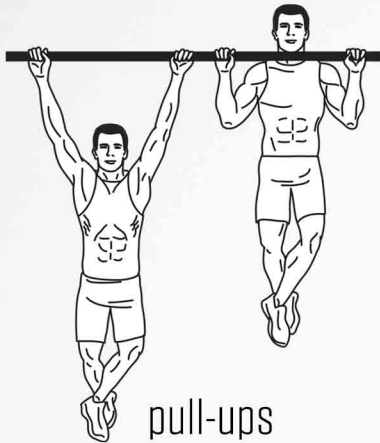


SAMSON

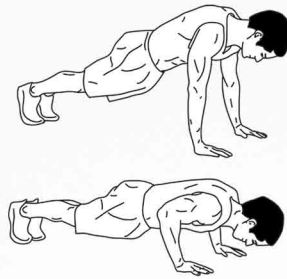
DAREBEE WORKOUT @ darebee.com

each exercise to failure LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets

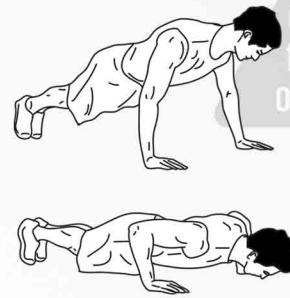
REST up to 2 minutes



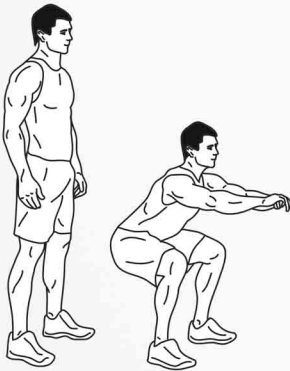
pull-ups



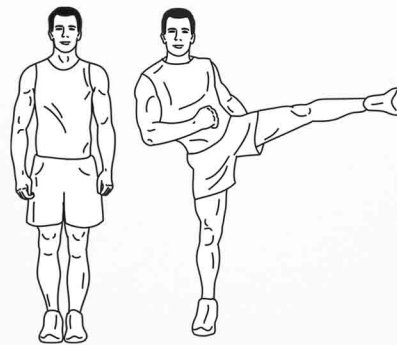
push-up + wide grip push-up combo



change the grip on the fly



squats



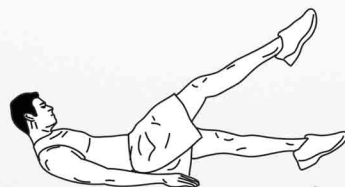
side leg raises



jump squats



knee-to-elbow crunches



flutter kicks



leg raises