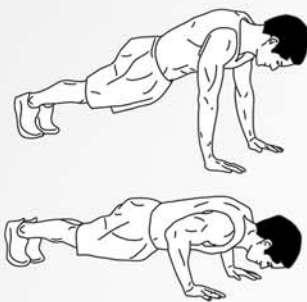


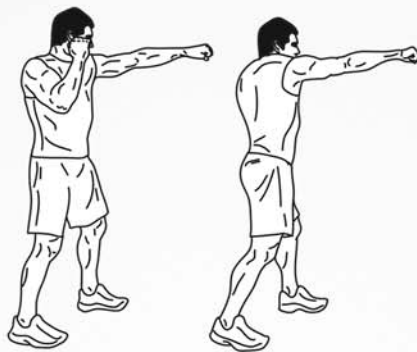
SAVAGE

DAREBEE WORKOUT @ darebee.com

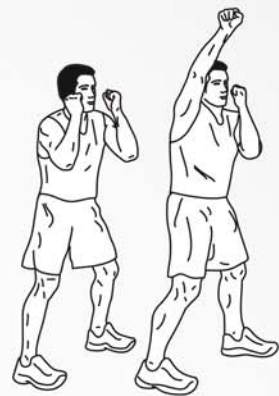
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



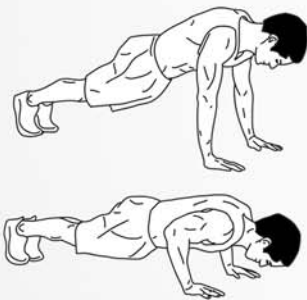
5 push-ups



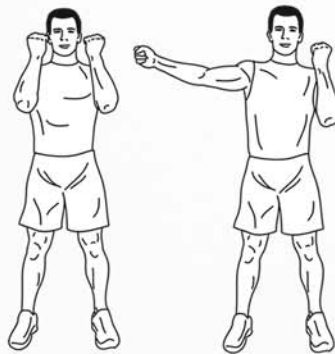
10 punches



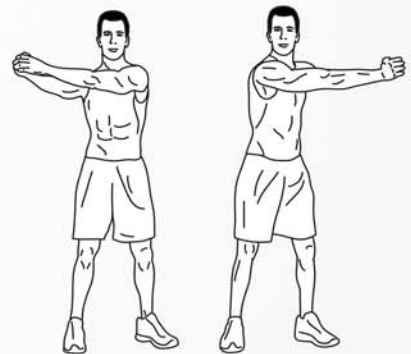
10 overhead punches



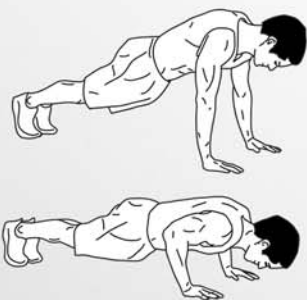
5 push-ups



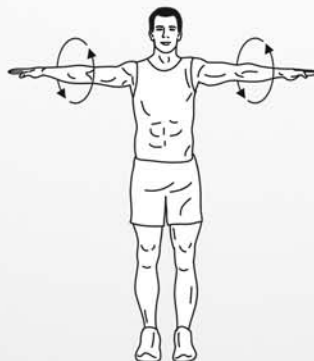
10 side-to-side backfists



10 side-to-side chops



5 push-ups



10 raised arm circles



10 speed bag punches