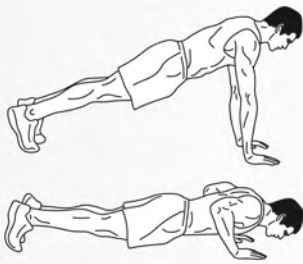


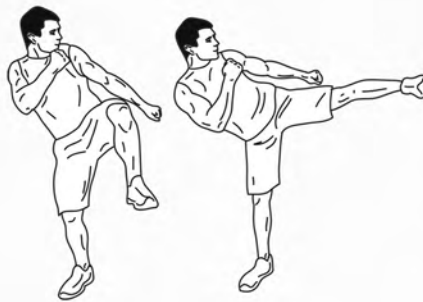
SIDEKICK

DAREBEE WORKOUT @ darebee.com

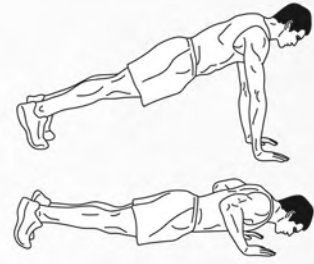
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



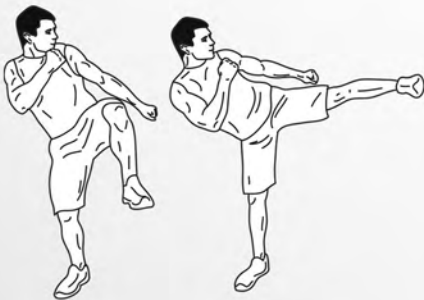
10 push-ups



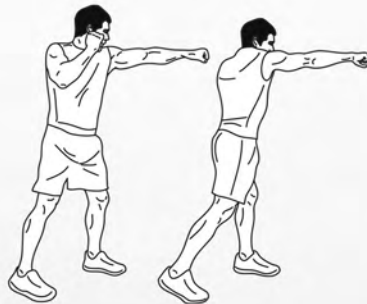
20 side kicks



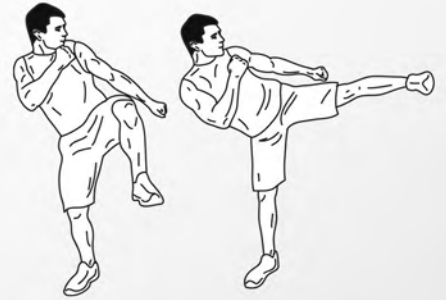
10 push-ups



20 side kicks



20 punches



20 side kicks