

THE SIXTH ORDER

DAREBEE WORKOUT

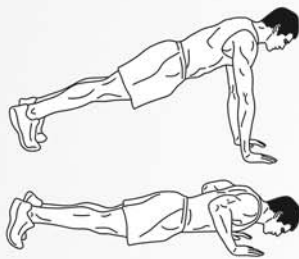
@ darebee.com

LEVEL I 3 sets

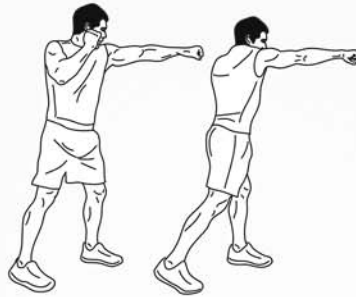
LEVEL II 5 sets

LEVEL III 7 sets

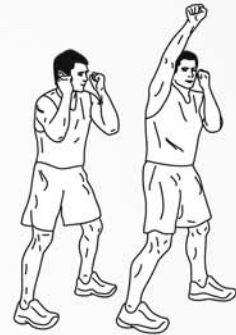
REST up to 2 minutes



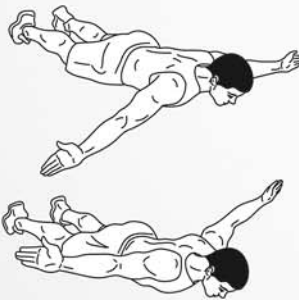
20 push-ups



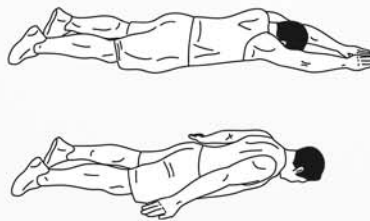
20 punches



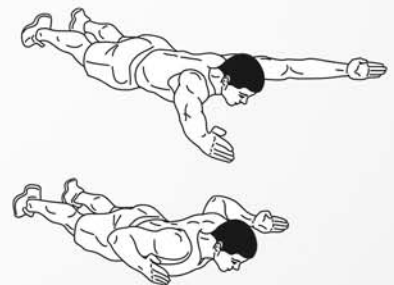
20 overhead punches



10 prone reverse fly



10 reverse angels



10 W-extensions



20 raised leg circles