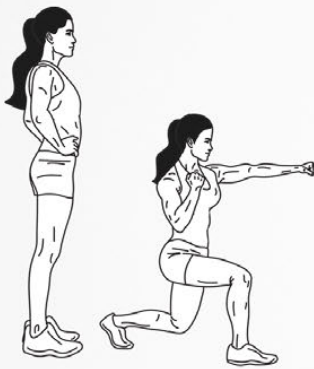


#STRONG

DAREBEE WORKOUT @ darebee.com

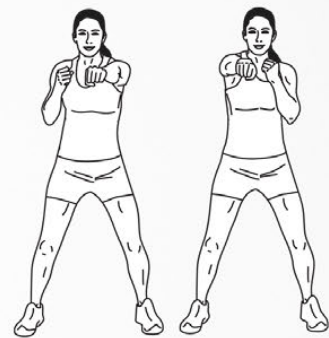
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



14 lunge punches



10 deadlift & twists



14 punches



14 plank kicks



10 reverse plank kicks



10 sitting punches

