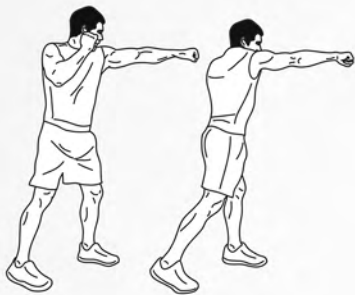


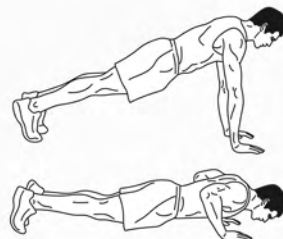
SUPER SMASH

DAREBEE WORKOUT @ darebee.com

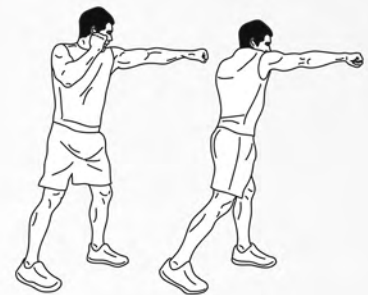
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



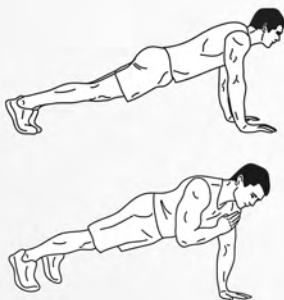
30 punches



15 push-ups



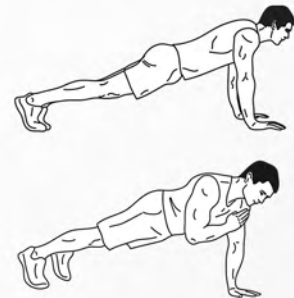
30 punches



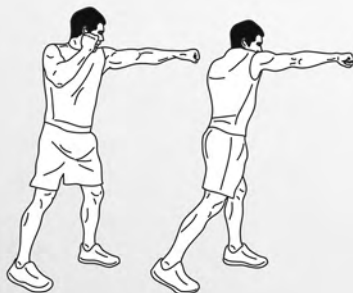
20 shoulder taps



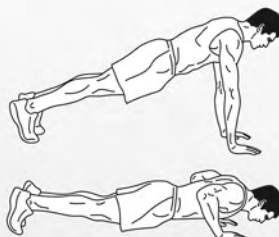
10 plank rotations



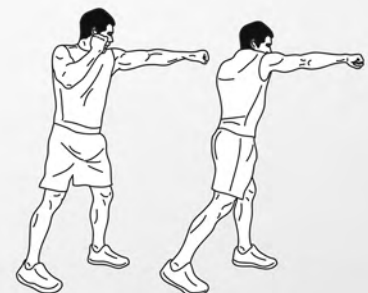
20 shoulder taps



30 punches



15 push-ups



30 punches