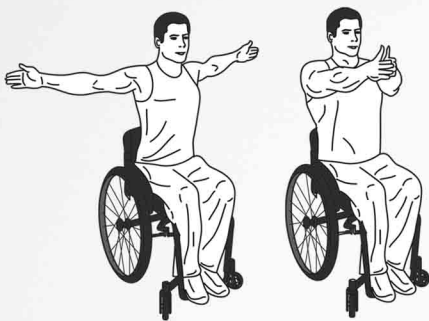


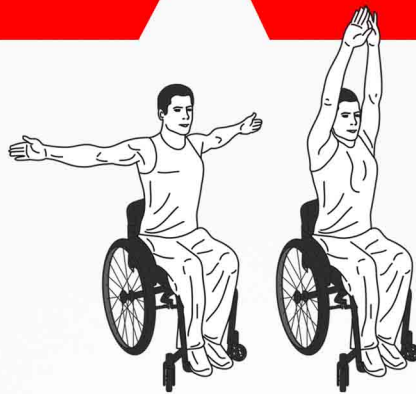
DAREBEE  
WORKOUT  
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# SUPER

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



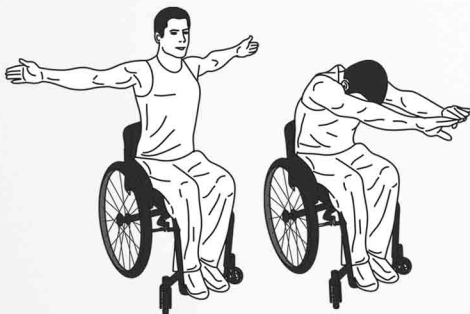
20 chest expansions



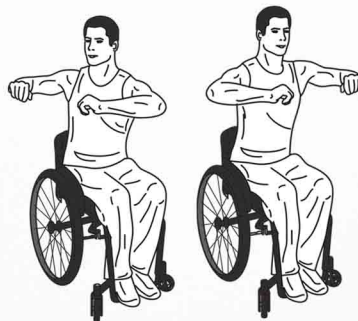
20 side arm raises



10 chest squeezes



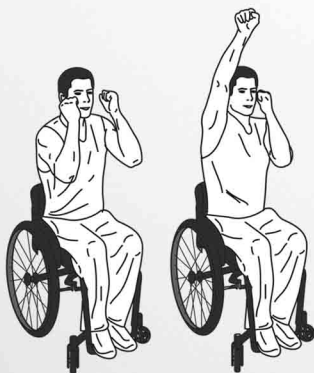
20 dives



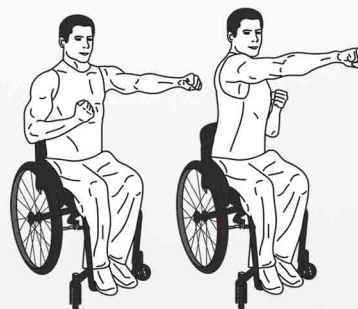
20 twists



10 circles



20 overhead punches



20 punches



10 speed circles