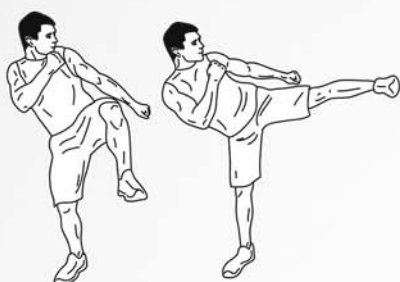


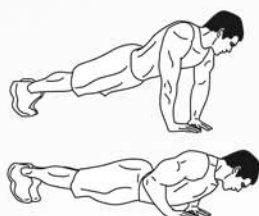
# THE TAKEDOWN

DAREBEE WORKOUT @ [darebee.com](http://darebee.com)

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



10 side kicks



4 close grip push-ups



10 side kicks



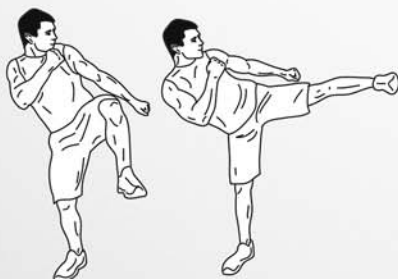
4 staggered push-ups



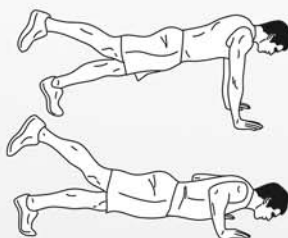
10 side kicks



4 stacked push-ups



10 side kicks



4 raised leg push-ups



10 side kicks