

TANK TOP

DAREBEE WORKOUT
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LEVEL I 3 sets

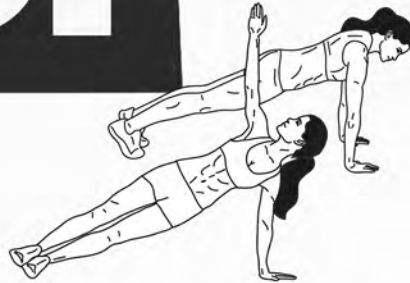
LEVEL II 5 sets

LEVEL III 7 sets

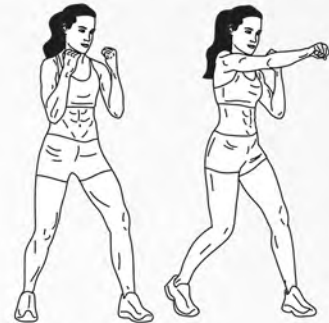
REST up to 2 minutes



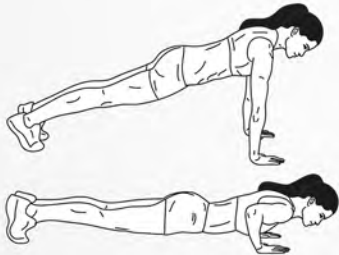
20 punches



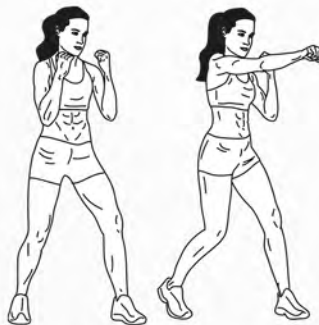
10 plank rotations



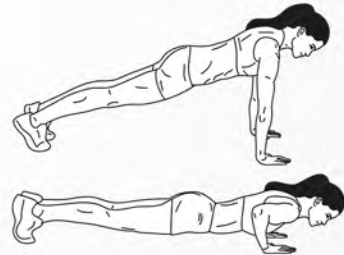
20 punches



2 push-ups



20 punches



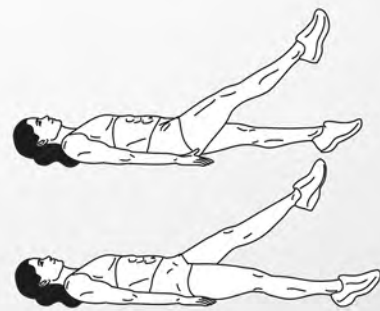
2 push-ups



10 sit-up punches



20 sitting punches



10 flutter kicks