

TANK TOP

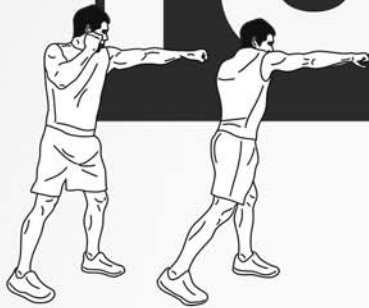
DAREBEE WORKOUT
@ darebee.com

LEVEL I 3 sets

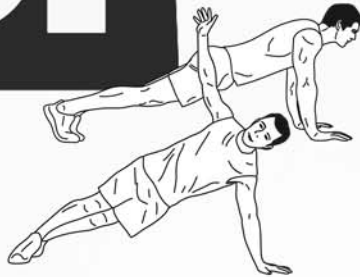
LEVEL II 5 sets

LEVEL III 7 sets

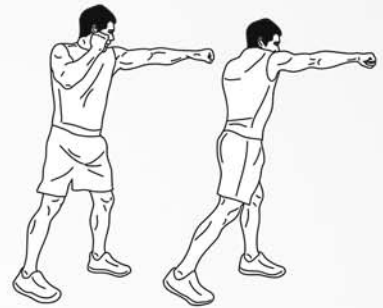
REST up to 2 minutes



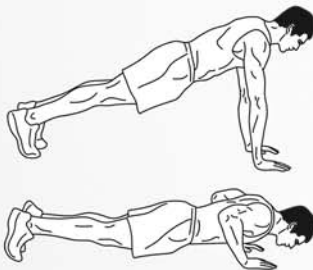
40 punches



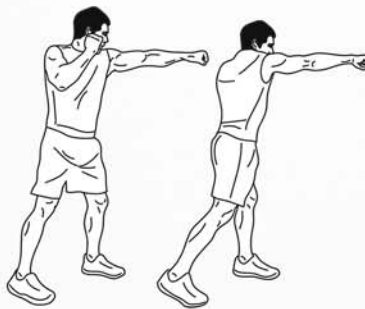
10 plank rotations



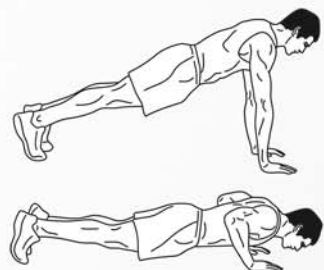
40 punches



10 push-ups



40 punches



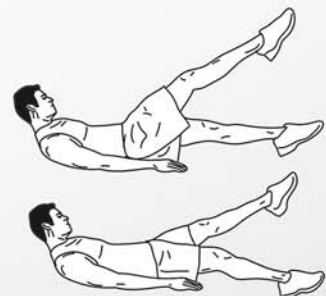
10 push-ups



20 sit-up punches



20 sitting punches



20 flutter kicks