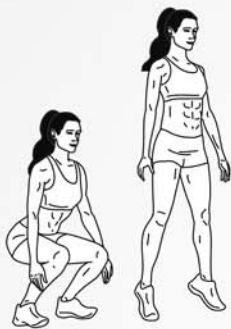


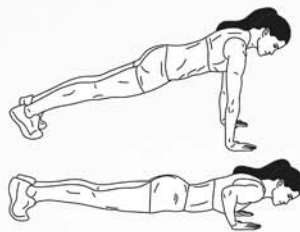
# VENUS

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

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



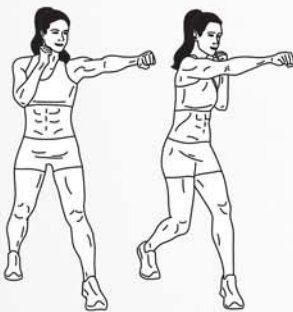
5 jump squats



20 push-ups



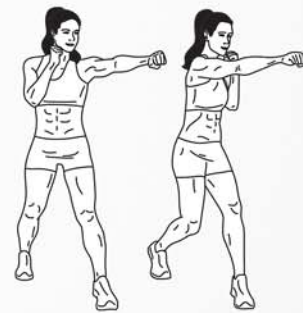
5 jump squats



20 punches



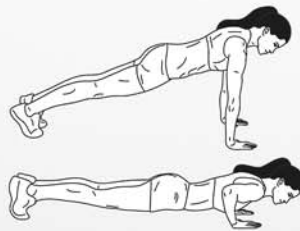
5 jump squats



20 punches



5 jump squats



20 push-ups



5 jump squats