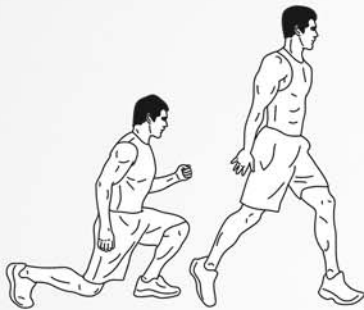


VICTOR

DAREBEE WORKOUT @ darebee.com

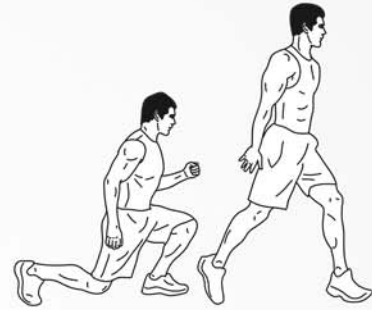
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



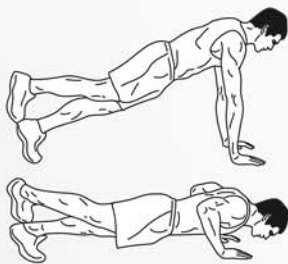
10 jumping lunges



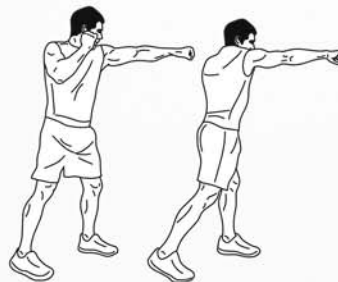
20 knee strikes



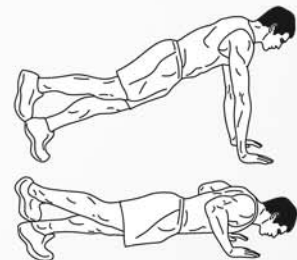
10 jumping lunges



10 stacked push-ups



20 punches



10 stacked push-ups



10 knee in & twists



20 sit-ups



10 knee in & twists