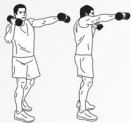


ARMORY+

DAREBEE WORKOUT © darebee.com

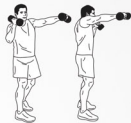
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



10 punches



10 squats



10 punches



10 squats



10 alt bicep curls



10 squats



10 push-ups



20-count elbow plank



20-count side plank