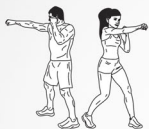


ARMY OF TWO

DAREBEE WORKOUT @ darebee.com

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



20 back-to-back punches



20 hand holding side leg raises



10 plank high fives



10 elbow plank high fives



10 sit-ups



10 back-to-back sitting twists