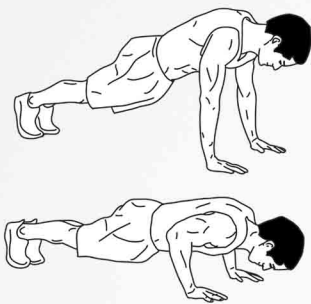


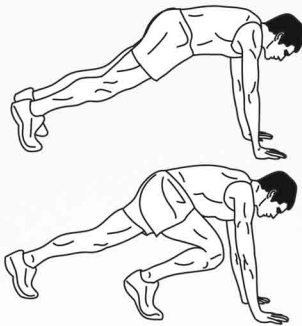
# BLACK PANTHER

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

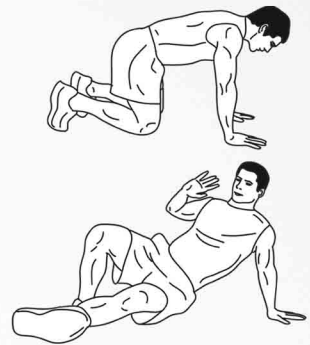
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



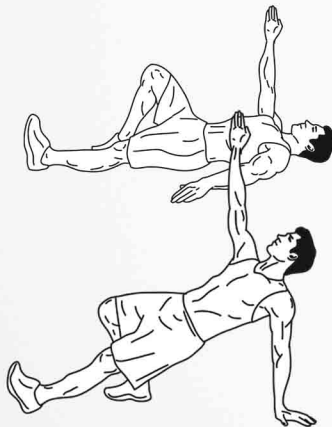
10 push-ups



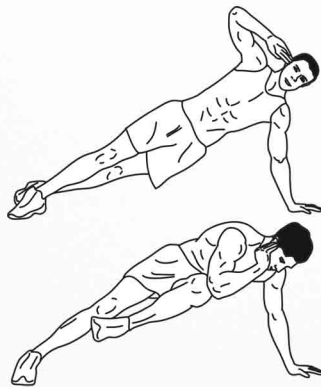
20 slow climbers



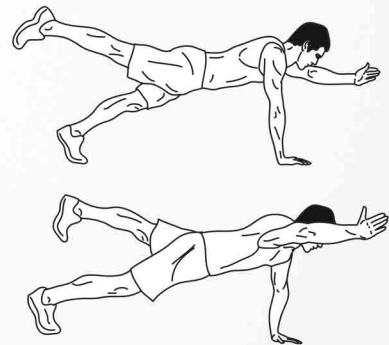
10 sit-outs



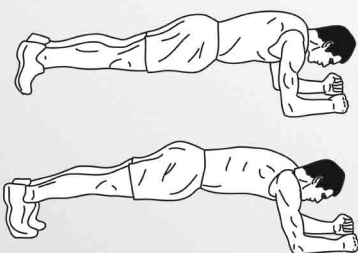
10 get-ups



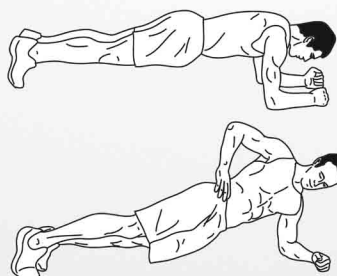
10 side plank crunches



10 alt arm/leg raises



10 body saw



10 elbow plank twists



10-count elbow plank