

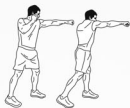
BRING IT ON

DAREBEE WORKOUT @ darebee.com

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



20 seal jacks



20 punches



20 seal jacks



4 push-ups



20 seal jacks



4 push-ups



20 punches