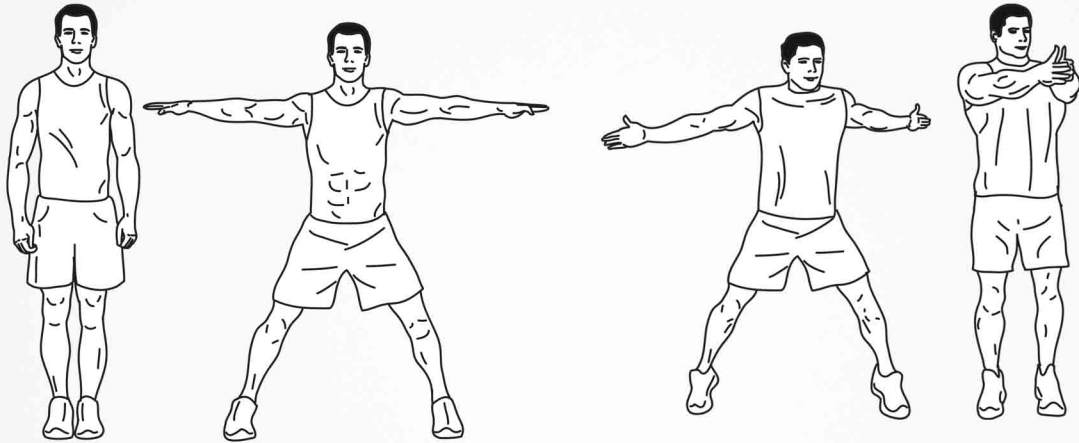


# COME AT ME BRO

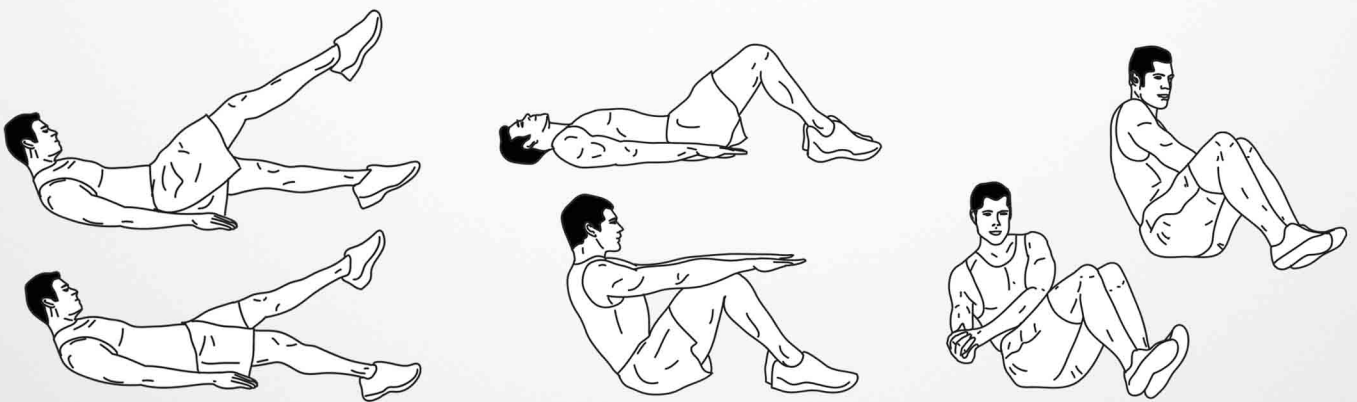
DAREBEE WORKOUT @ [darebee.com](https://darebee.com)

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



20 jumping Ts

20 seal jumps



10 flutter kicks

10 sit-ups

10 sitting twists