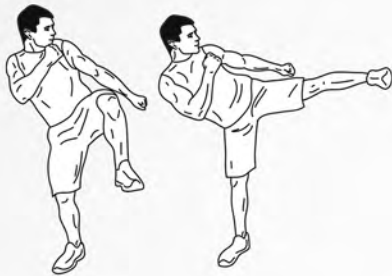


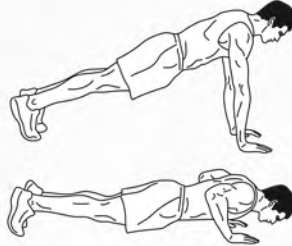
CODE ZERO

DAREBEE WORKOUT @ darebee.com

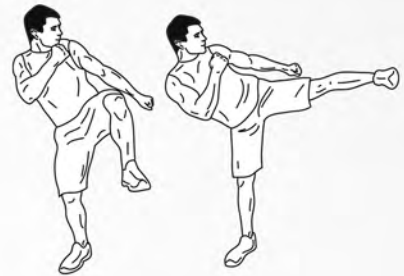
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



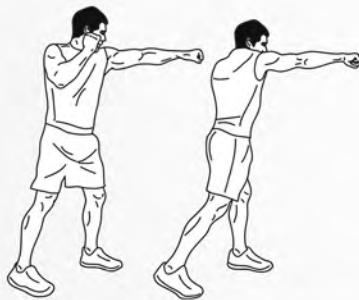
20 side kicks



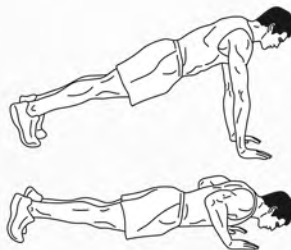
5 push-ups



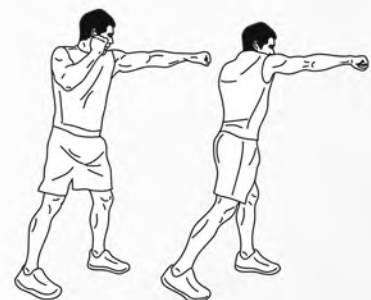
20 side kicks



20 punches



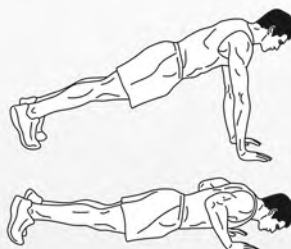
5 push-ups



20 punches



20-count elbow plank



5 push-ups



20-count elbow plank