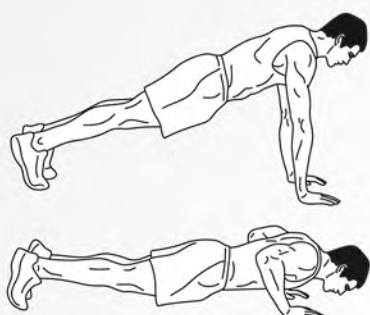


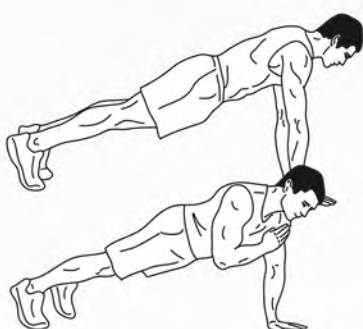
COMMANDO

DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



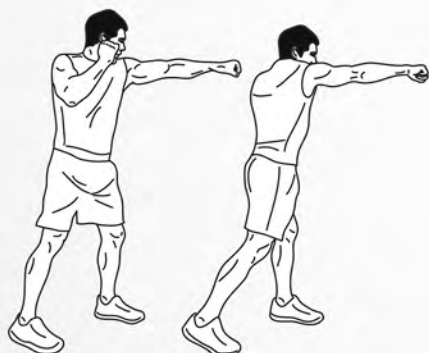
to failure push-ups



10 shoulder taps



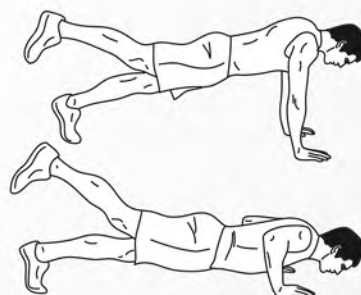
4 staggered push-ups



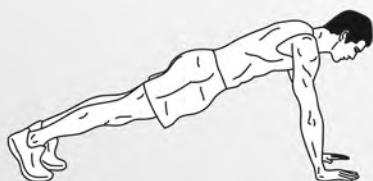
40 punches



40 speed bag punches



4 raised leg push-ups



10 up and down planks