

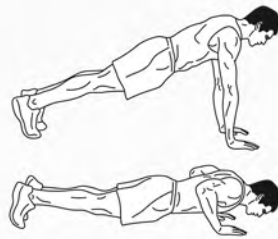
# DEATHSQUAD

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

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



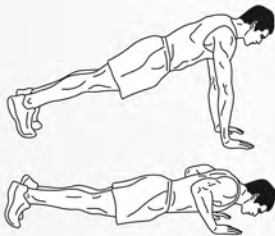
15 squats



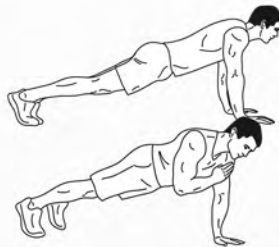
5 push-ups



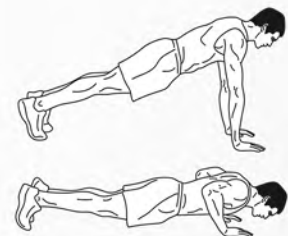
15 squats



5 push-ups



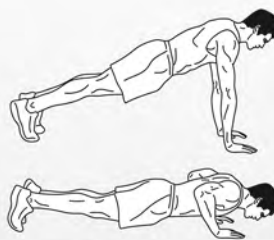
30 shoulder taps



5 push-ups



15 squats



5 push-ups



15 squats