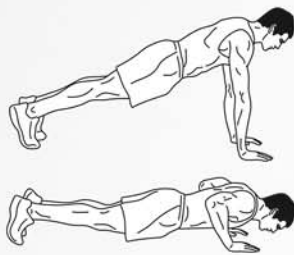


THE EXECUTIONNER

DAREBEE WORKOUT @ darebee.com

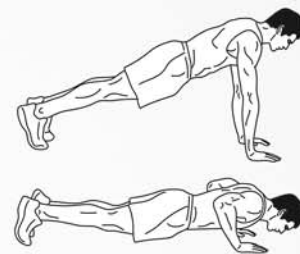
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



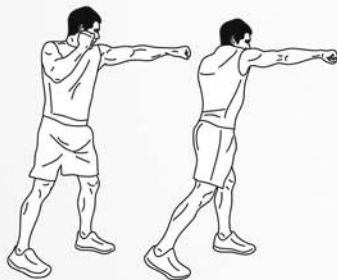
10 push-ups



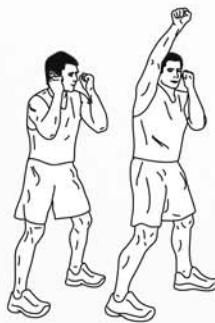
20-count push-up plank



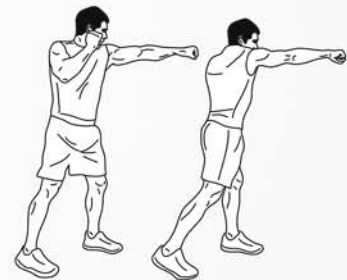
10 push-ups



20 punches



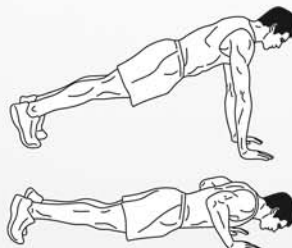
20 overhead punches



20 punches



20-count push-up plank



10 push-ups



20-count push-up plank