

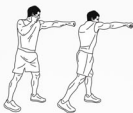
# EXTRACTION

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

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



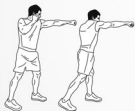
20 shoulder taps



20 punches



20 shoulder taps



20 punches



20 plank rotations



20 punches



20 overhead punches