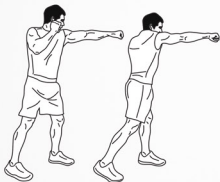


# GOING THE DISTANCE

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

LEVEL I 3 sets    LEVEL II 4 sets    LEVEL III 5 sets

REST up to 2 minutes



**20** punches

**one** push-up

**20** punches

**one** push-up

**20** punches

**one** push-up



**20** punches

**one** push-up



**20** punches

**one** push-up