

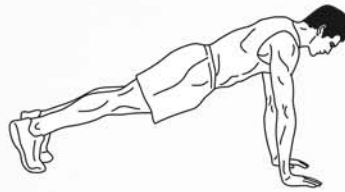
THE HENCHMAN

DAREBEE WORKOUT @ darebee.com

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



20-count push-up hold



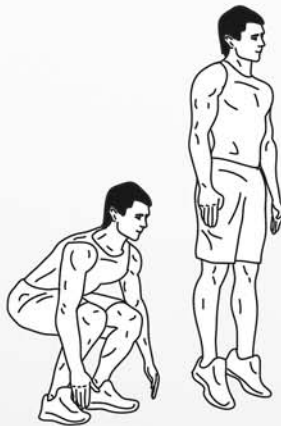
20 push-ups



20-count push-up hold



20-count squat hold



20 jump squats



20-count squat hold