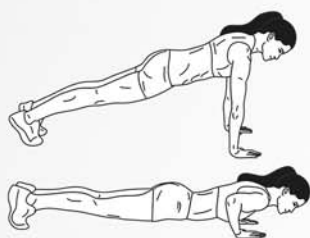


# HERA

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

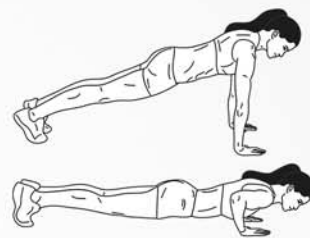
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



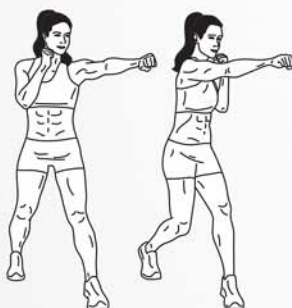
4 push-ups



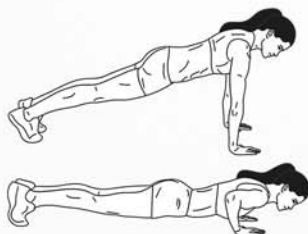
6 basic burpees



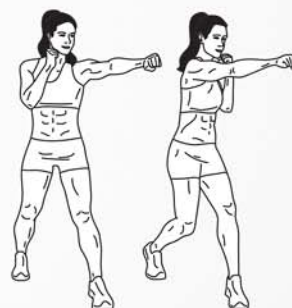
4 push-ups



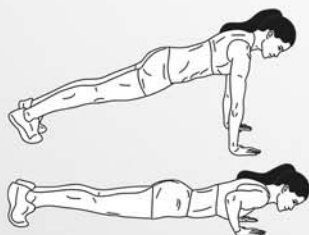
10 punches



4 push-ups



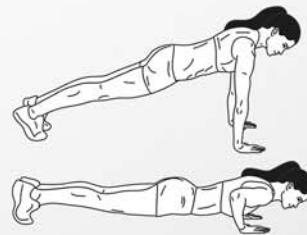
10 punches



4 push-ups



6 basic burpees



4 push-ups