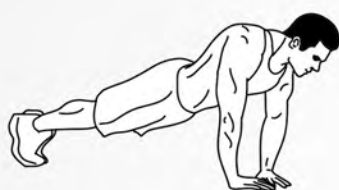


HUNTSMAN

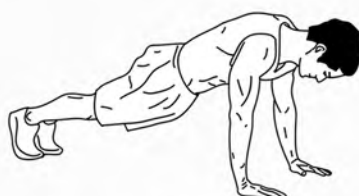
DAREBEE WORKOUT @ darebee.com

LEVEL I 2 reps LEVEL II 4 reps LEVEL III 6 reps each

LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



close grip push-ups



classic grip push-ups



wide grip push-ups



raised leg push-ups



staggered push-ups



stacked push-ups

