

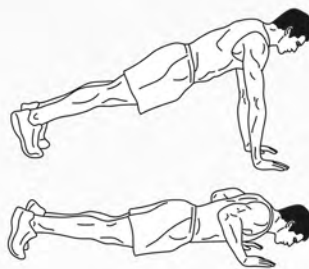
INITIATION

DAREBEE WORKOUT @ darebee.com

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



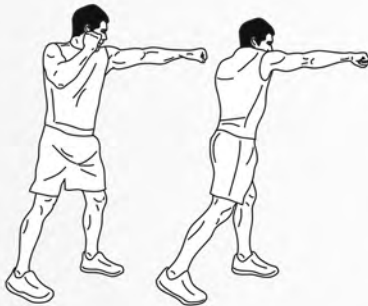
10 squats



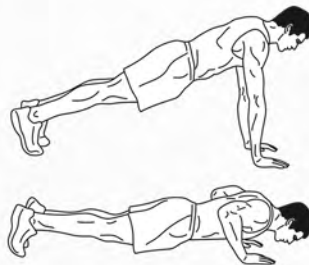
2 push-ups



10-count elbow plank



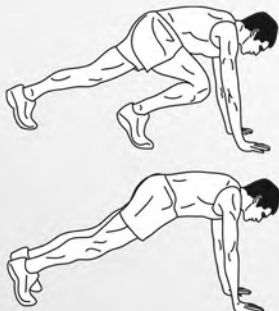
10 punches



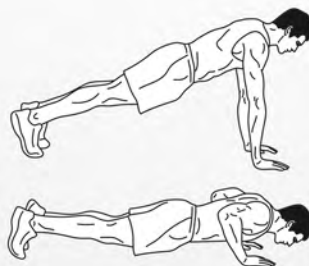
2 push-ups



10-count elbow plank



10 climbers



2 push-ups



10-count elbow plank