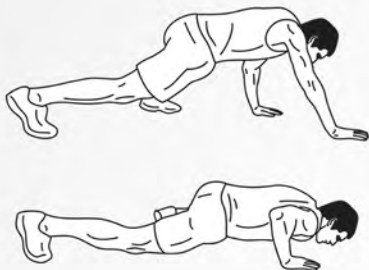


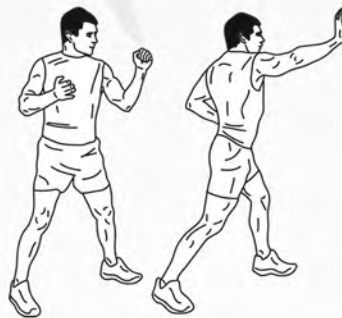
IronClaw

DAREBEE WORKOUT @ darebee.com

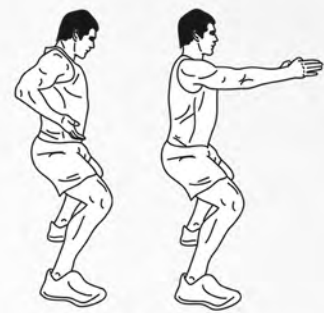
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



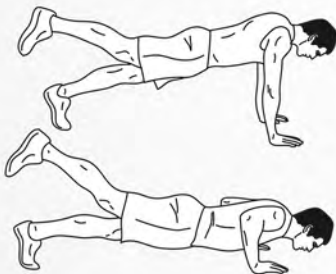
10 dragon push-up



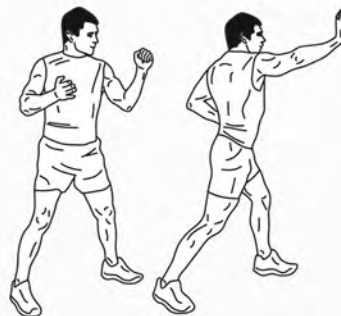
10 palm strikes



10 squat hold rows



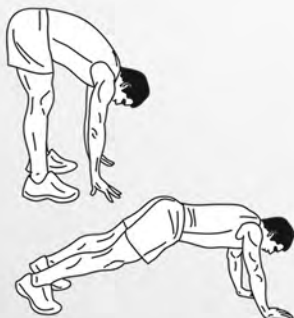
10 raised leg push-ups



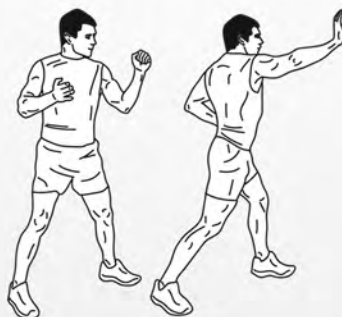
10 palm strikes



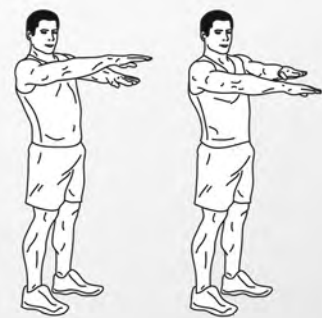
20-count raised arm hold



10 plank walk-outs



10 palm strikes



20 scissors