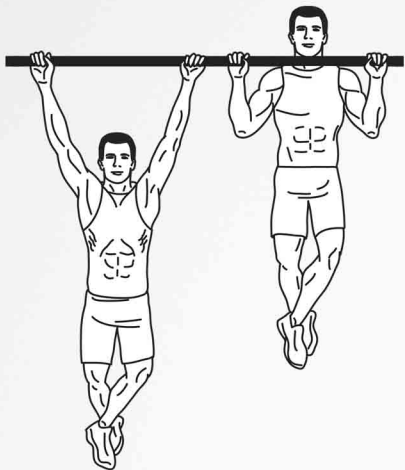


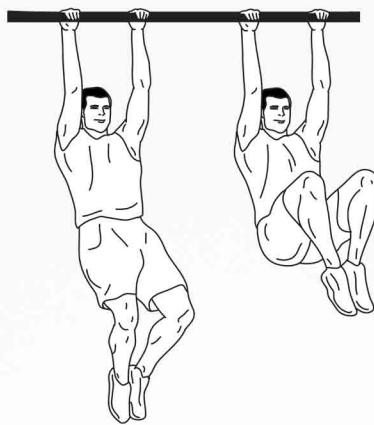
JUGGERNAUT

DAREBEE WORKOUT © darebee.com

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



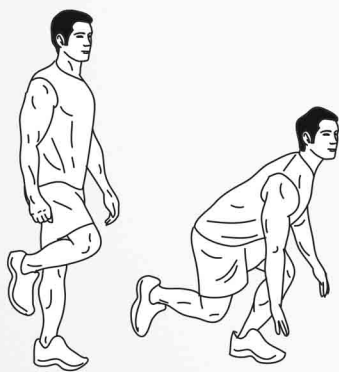
to failure pull-ups



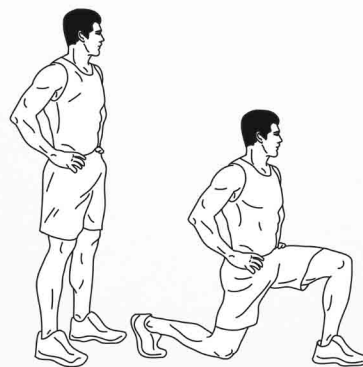
10 knee raises



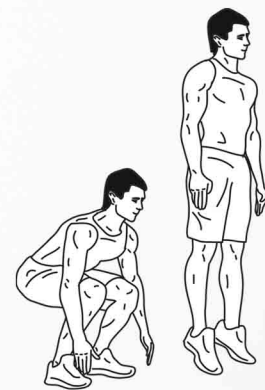
10-count dead hang



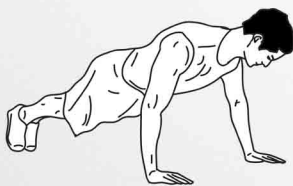
10 one legged squats



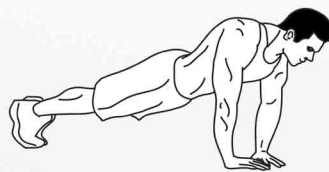
20 lunges



10 jump squats



10 wide grip push-ups



10 close grip push-ups



10-count push-up plank

