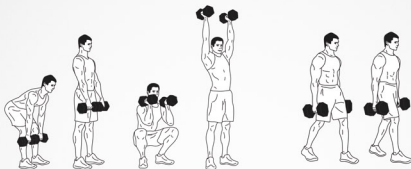


Kaladin

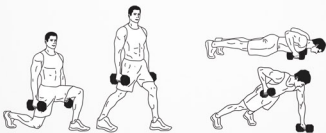
DAREBEE WORKOUT @ darebee.com

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



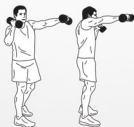
10 clean & press

10 farmer's walk



10 split lunges

10 push-up + renegade row



10 punches