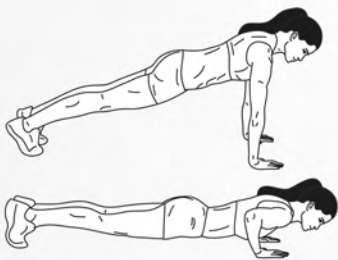


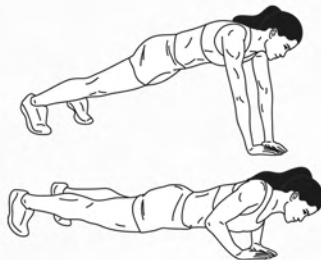
THE MAID OF TARTAN

DAREBEE WORKOUT © darebee.com

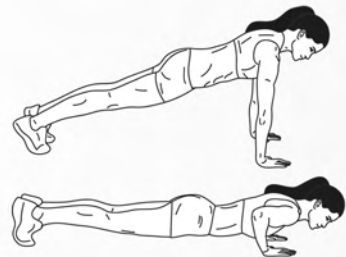
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



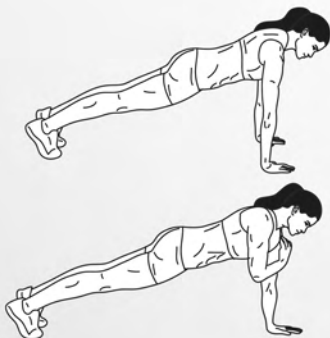
10 push-ups



5 close grip push-ups



10 push-ups



20 shoulder taps



20 crunch kicks



20 sitting punches