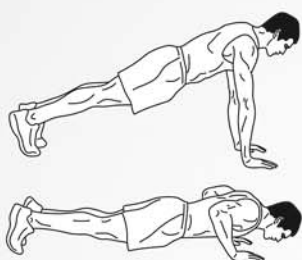


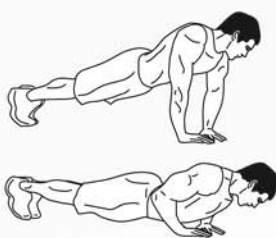
MARAUDER

DAREBEE WORKOUT @ darebee.com

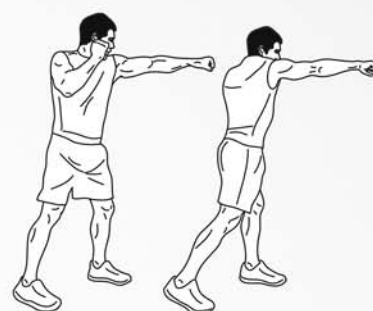
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



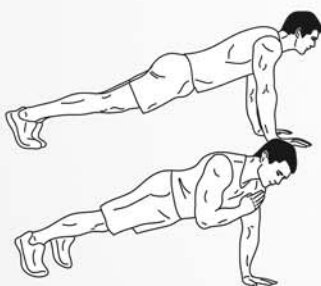
10 push-ups



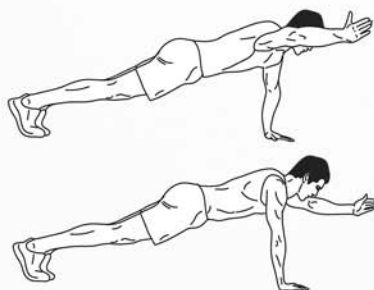
5 close grip push-ups



50 punches



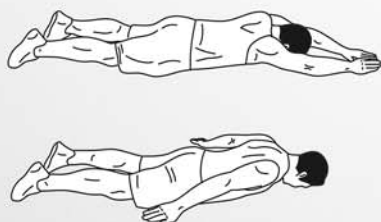
10 shoulder taps



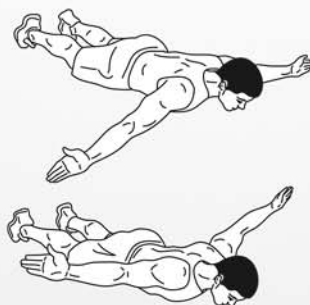
10 plank arm raises



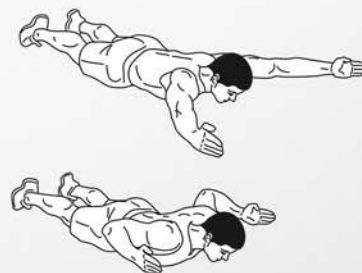
10 plank rotations



10 reverse angels



10 prone reverse flyes



10 W-extensions