

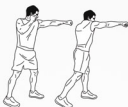
PENDRAGON

DAREBEE WORKOUT © darebee.com

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



4 push-ups



20 punches



4 push-ups



20 overhead punches



4 push-ups



20 overhead punches



4 push-ups



20 punches



4 push-ups