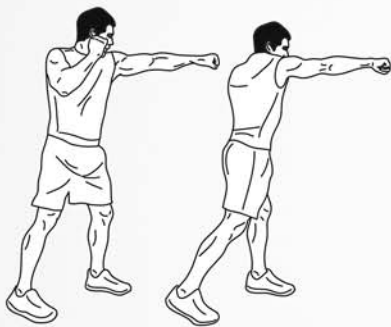


# POPEYE

DAREBEE WORKOUT @ [darebee.com](https://darebee.com)

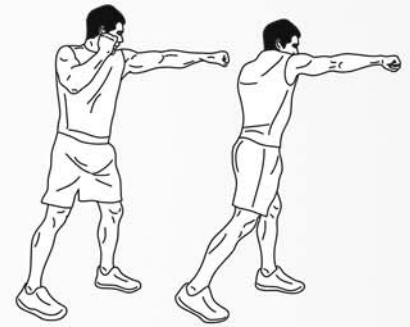
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



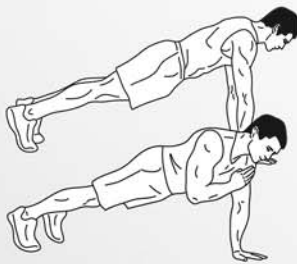
**20** punches



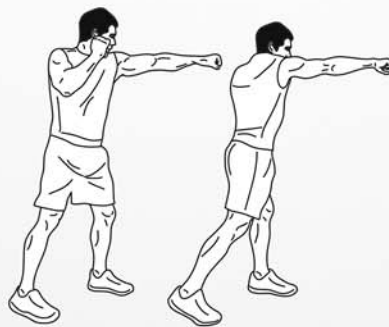
**10** clapping push-ups



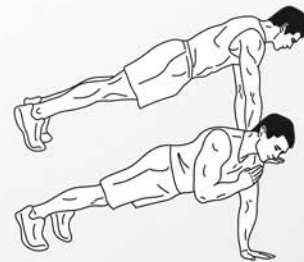
**20** punches



**10** shoulder taps



**20** punches



**10** shoulder taps