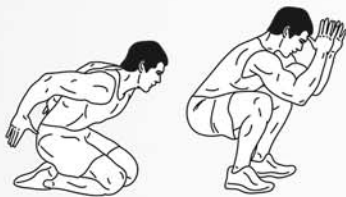


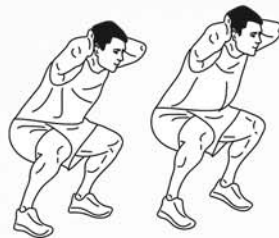
PROTECT & SERVE

DAREBEE WORKOUT @ darebee.com

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



10 pop-ups



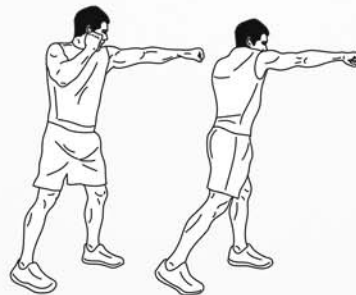
20 squat hops



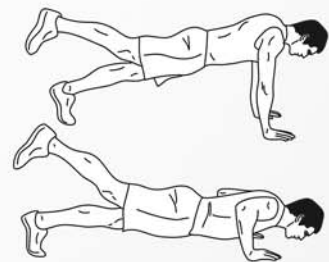
10 jump squats



10 staggered push-ups



40 punches



10 raised leg push-ups



10 up & down plank