

# PUSH-UP FEST

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

LEVEL I 3 sets

LEVEL II 4 sets

LEVEL III 5 sets

REST up to 2 minutes



4 push-up shoulder taps



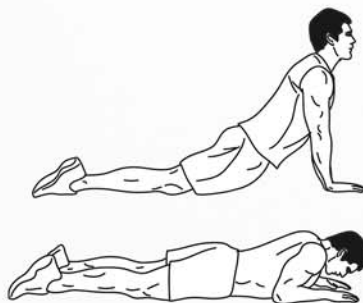
4 grip change push-ups



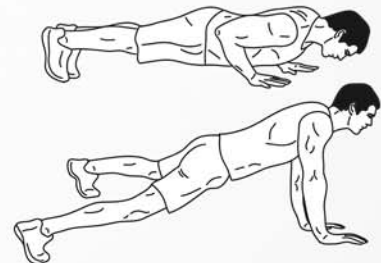
4 push-up rotations



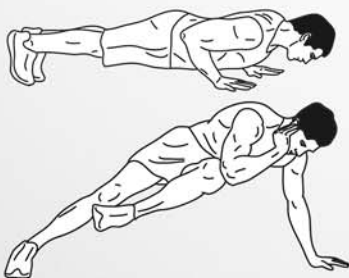
4 push-up jump-ins



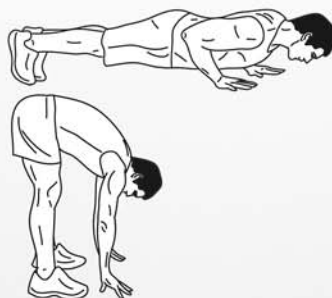
6 arches



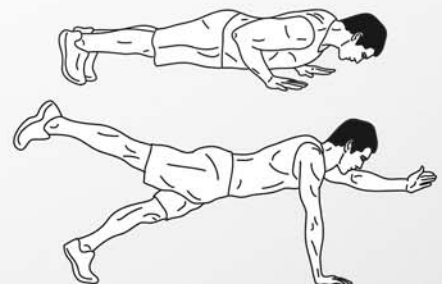
4 push-up plank jacks



4 push-up side crunches



4 push-up walk-outs



4 push-up + alt arm/leg raises