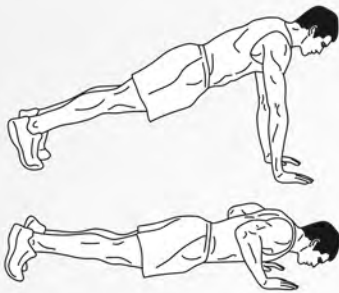


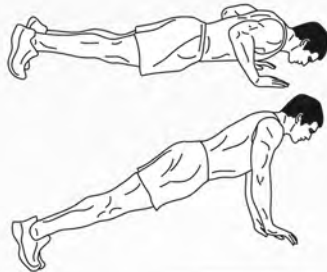
# PUSH-UP MASSAGE

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

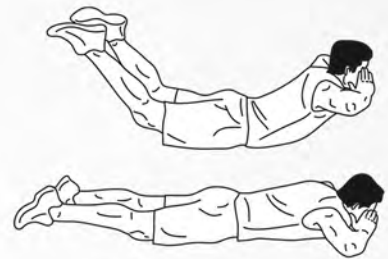
LEVEL I 3 sets  
LEVEL II 4 sets  
LEVEL III 5 sets  
2 minutes rest



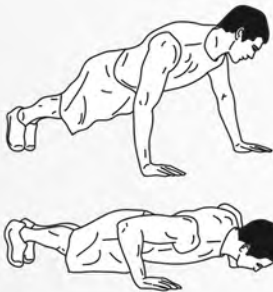
**6** classic push-ups



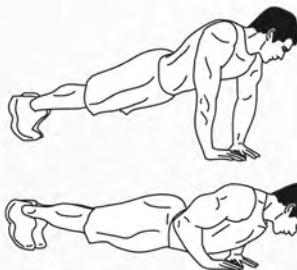
**6** power push-ups



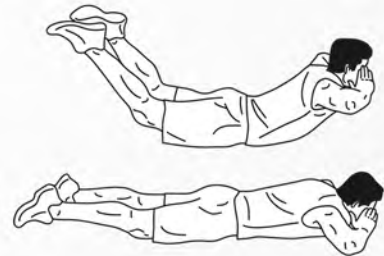
**4** back extensions



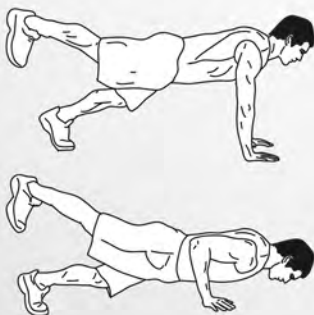
**6** wide grip push-ups



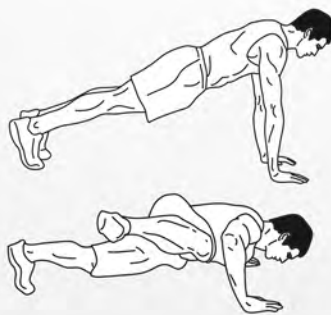
**6** close grip push-ups



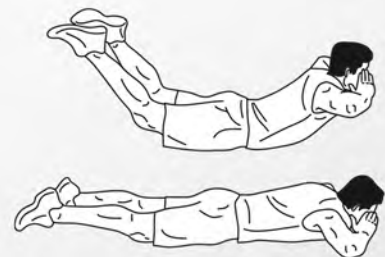
**4** back extensions



**6** raised leg push-ups



**6** side crunch push-ups



**4** back extensions