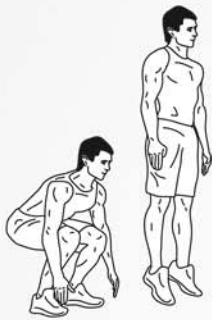


RAW POWER

DAREBEE WORKOUT @ darebee.com

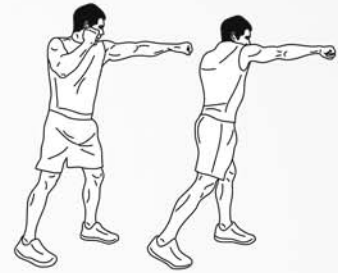
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



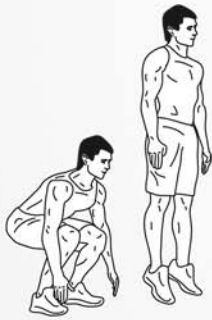
8 jump squats



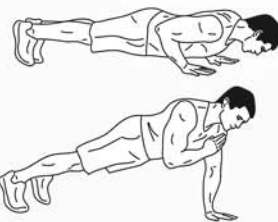
8 push-ups w/rotations



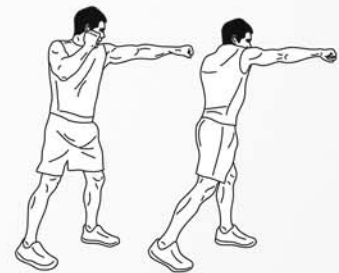
20 punches



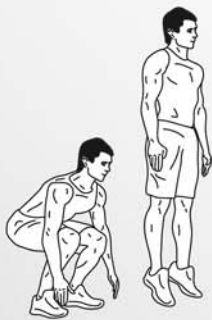
8 jump squats



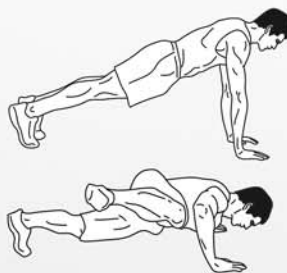
8 push-up shoulder taps



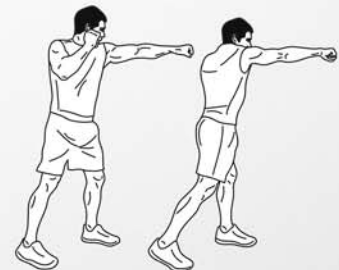
20 punches



8 jump squats



8 knee crunch push-ups



20 punches