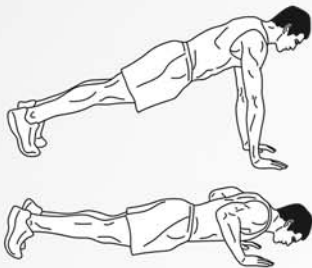


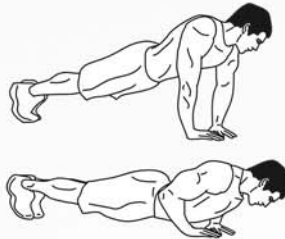
# THE SHIELD

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

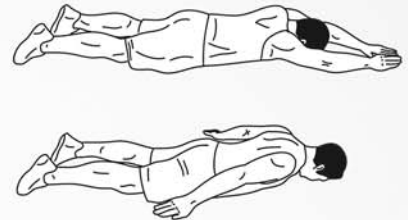
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



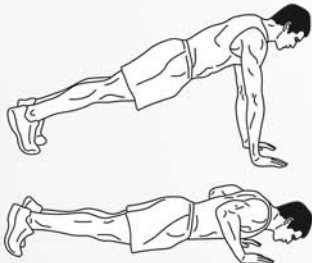
4 push-ups



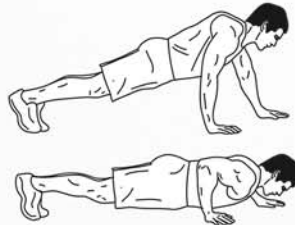
4 tricep push-ups



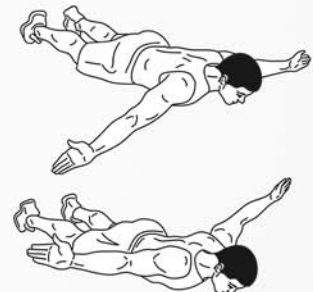
10 reverse angels



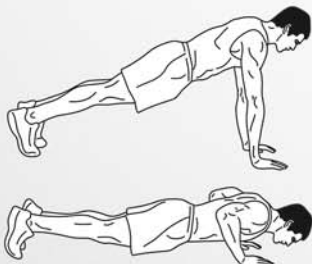
4 push-ups



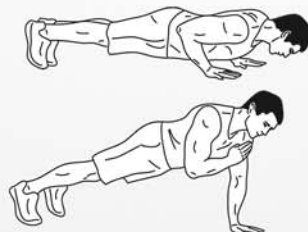
4 staggered push-ups



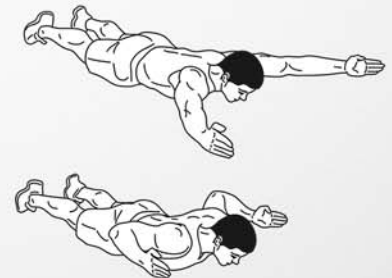
10 prone reverse fly



4 push-ups



4 shoulder tap push-ups



10 W-extensions