

SHREDDER+

DAREBEE WORKOUT @ darebee.com

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



20 squats



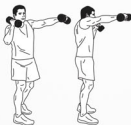
10 push-ups



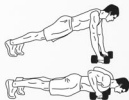
20 squats



10 push-ups



20 punches



10 push-ups



20 lunges



10 push-ups



20 lunges