

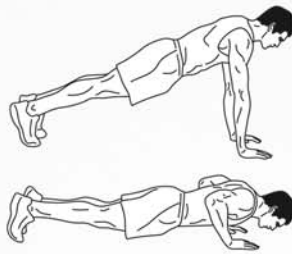
# SHREDDER

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

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



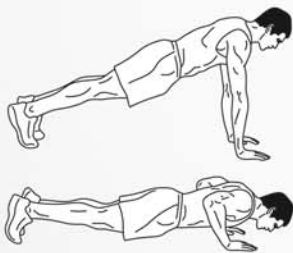
20 squats



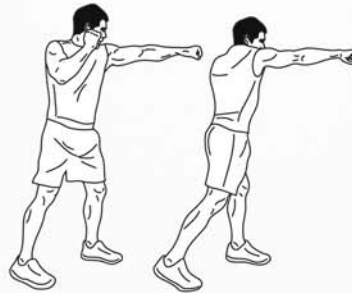
10 push-ups



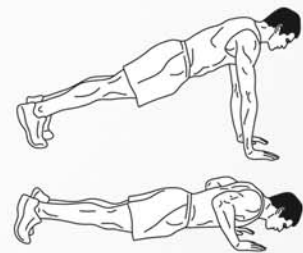
20 squats



10 push-ups



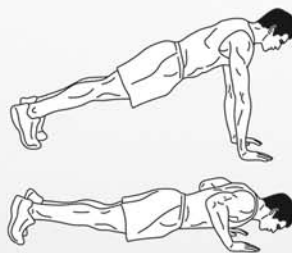
40 punches



10 push-ups



20 lunges



10 push-ups



20 lunges