

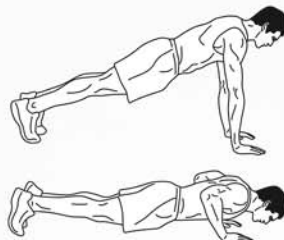
SPIRIT BREAKER

DAREBEE WORKOUT © darebee.com

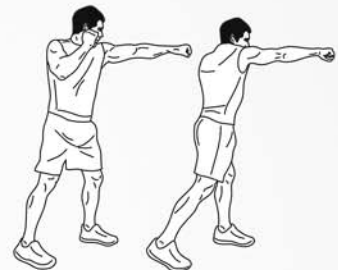
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10-count push-up hold



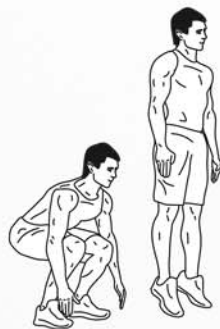
20 push-ups



20 punches



10-count squat hold



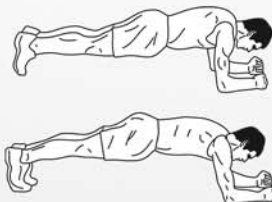
20 jump squats



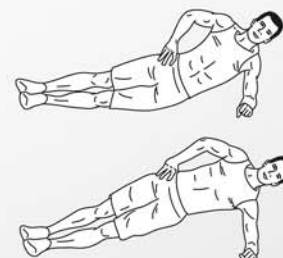
20 squats



10-count plank hold



20 body saw



20 side bridges