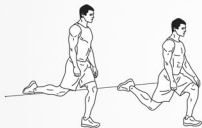


STRENGTH IN NUMBERS

DAREBEE WORKOUT @ darebee.com

LEVEL I 20 reps LEVEL II 30 reps LEVEL III 40 reps - each
split into manageable sets



split squats



decline push-ups



sit-ups



chin-ups



calf raises