

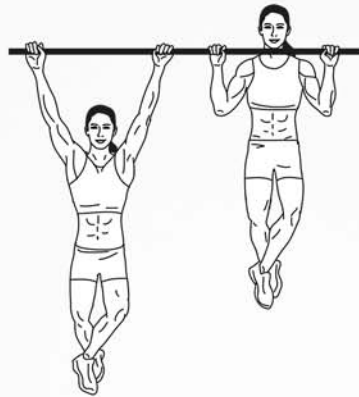
VICIOUS

DAREBEE WORKOUT @ darebee.com

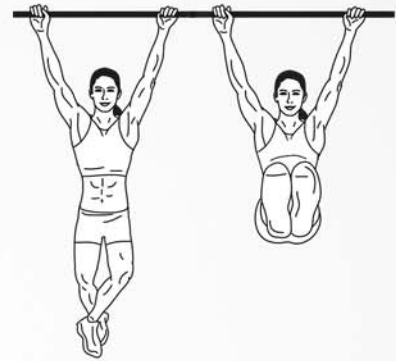
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



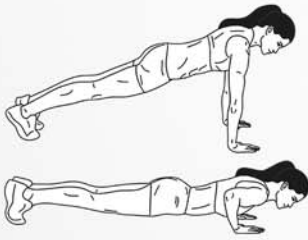
20 jump squats



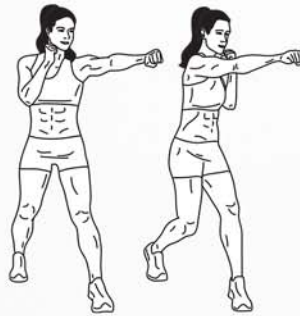
to failure pull-ups



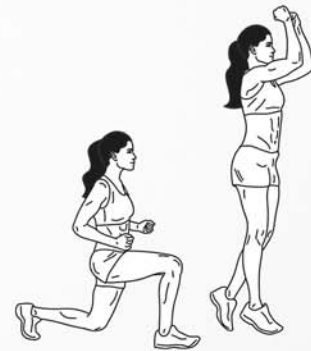
to failure leg raises



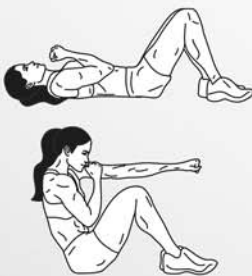
to failure push-ups



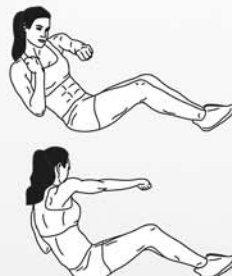
20 punches



20 jumping lunges



20 sit-up punches



20 sitting punches



20 sitting twists