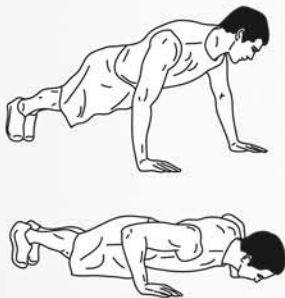


# WANTED DEAD OR ALIVE

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

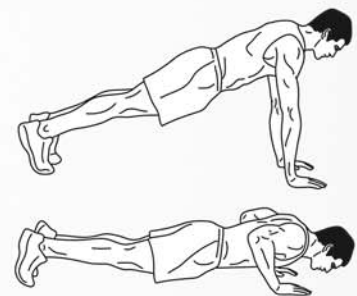
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



**10** wide grip push-ups



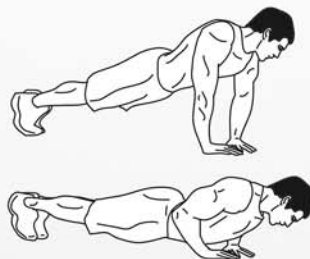
**40** high knees



**10** classic grip push-ups



**40** high knees



**10** close grip push-ups



**40** high knees