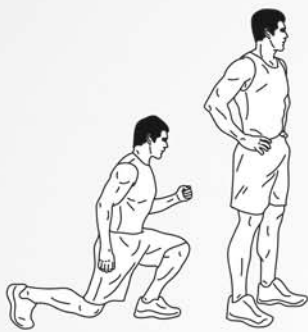


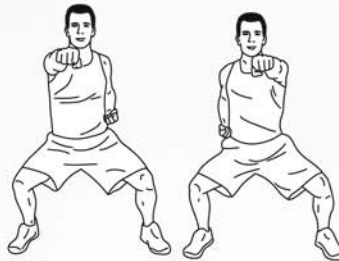
ZEUS

DAREBEE WORKOUT @ darebee.com

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



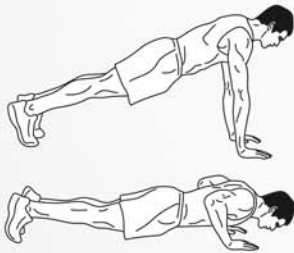
20 reverse lunges



20 squat hold punches



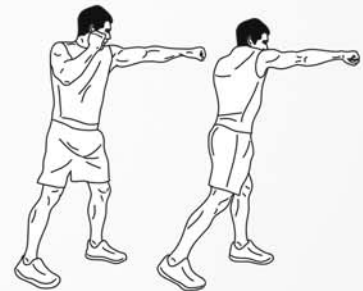
20 uppercuts



20 push-ups



4 tricep extensions



20 punches



10 leg raises



10 scissors



10-count raised leg hold