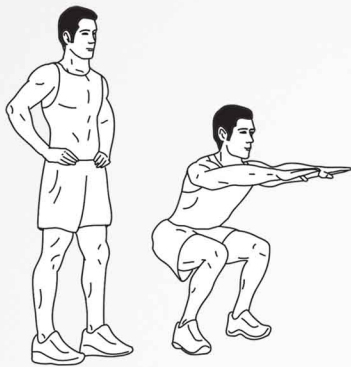


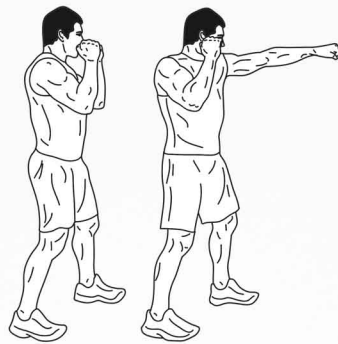
AVENGER

DAREBEE WORKOUT © darebee.com

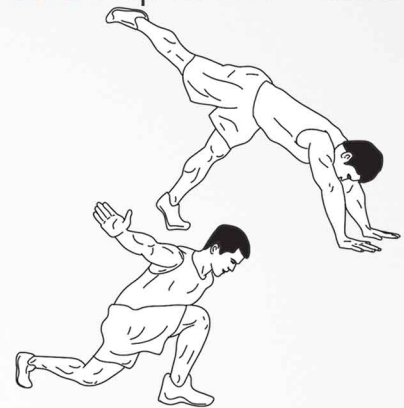
LEVEL I 3 sets **LEVEL II** 5 sets **LEVEL III** 7 sets **REST** up to 2 minutes



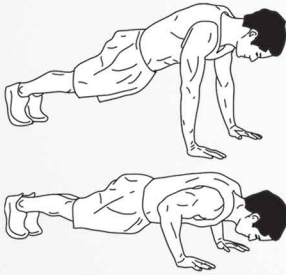
20 squats



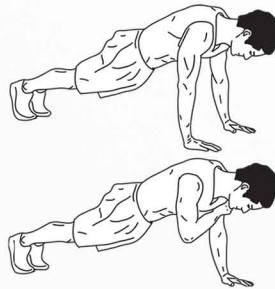
40 punches



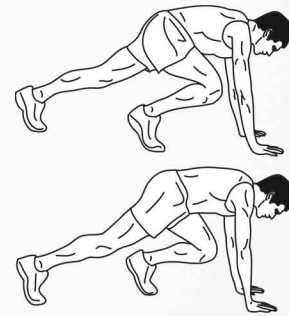
20 flow steps



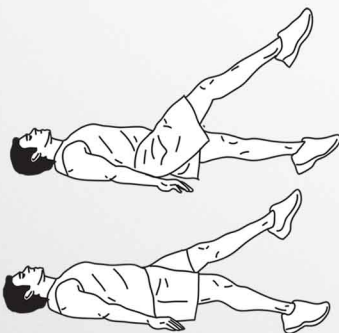
10 push-ups



20 shoulder taps



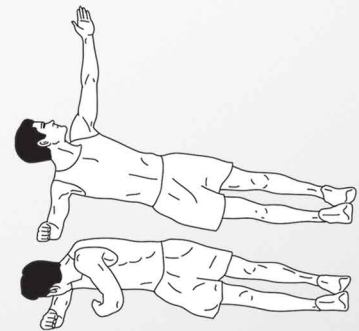
20 slow climbers



10 flutter kicks



10 sit-up punches



10 side planks rotations