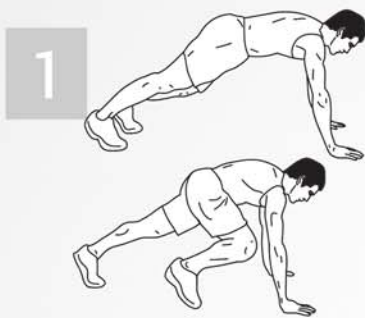
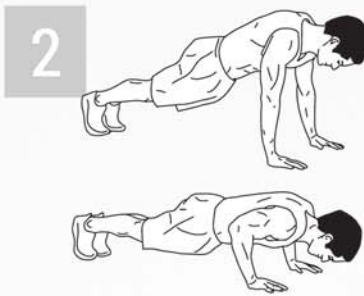


DARE DEVIL

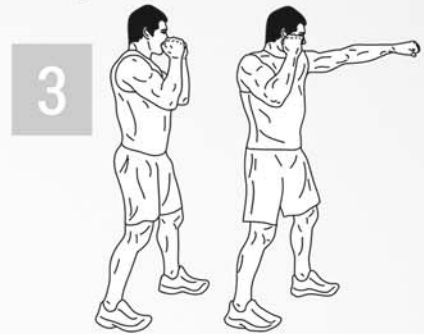
NEILA REY WORKOUT @ neilarey.com



20 climbers



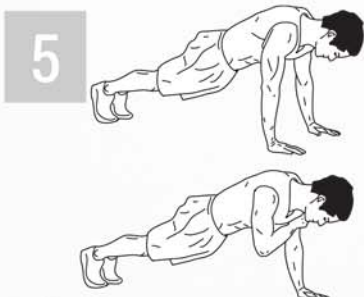
10 push-ups



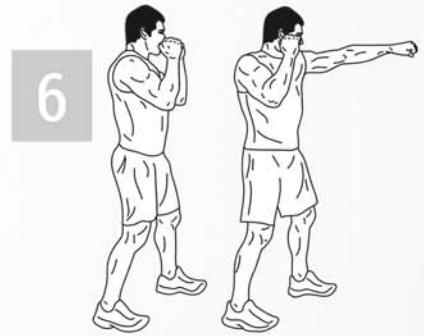
20 punches



20 squats



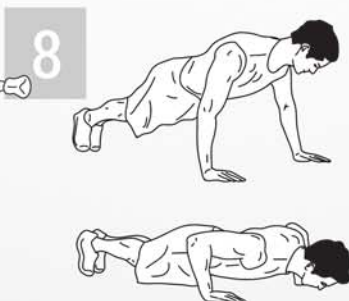
10 shoulder taps



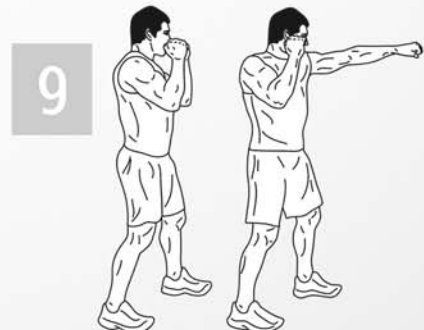
20 punches



20 side kicks



10 wide grip push-ups



20 punches

level I 3 sets **level II** 5 sets **level III** 7 sets **rest between sets** up to 2 minutes