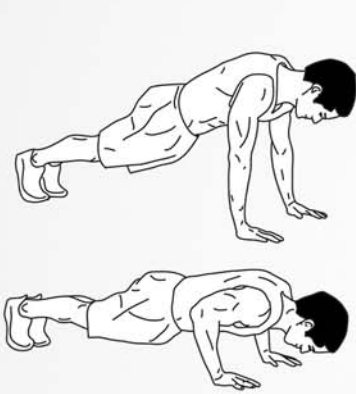


PALADIN

DAREBEE WORKOUT @ darebee.com

LEVEL I 2 reps LEVEL II 4 reps LEVEL III 6 reps each

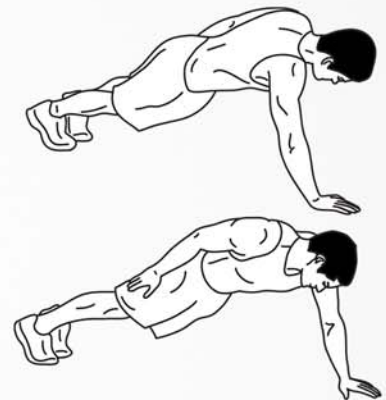
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



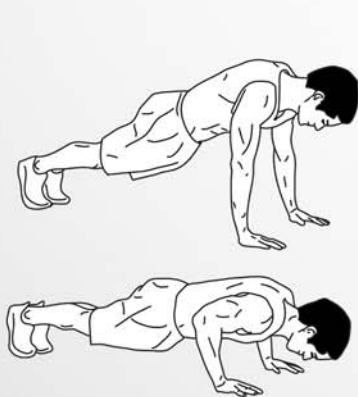
push-ups



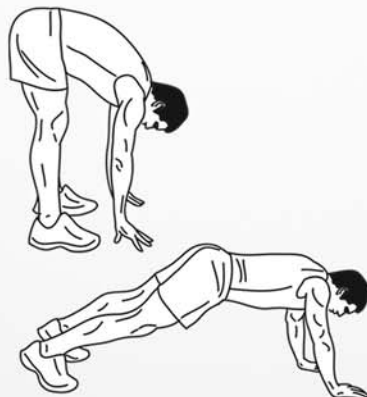
plank walk-outs



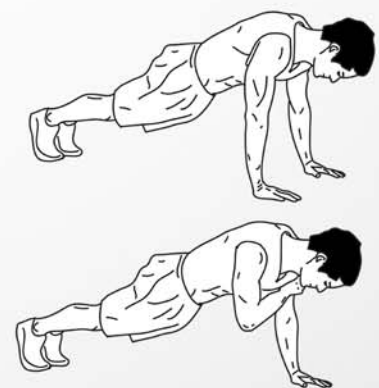
thigh taps



push-ups



plank walk-outs



shoulder taps