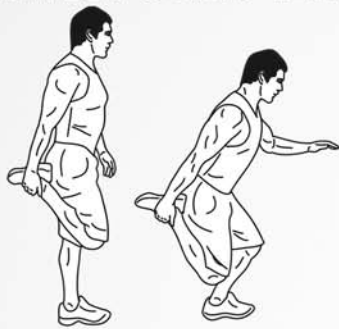


OBLITERATOR

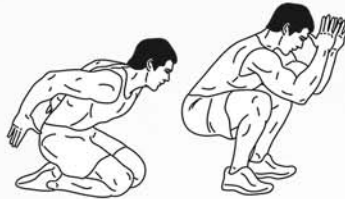
THE ULTIMATE STRENGTH, ENDURANCE, BALANCE AND COORDINATION TEST.

DAREBEE WORKOUT @ darebee.com

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



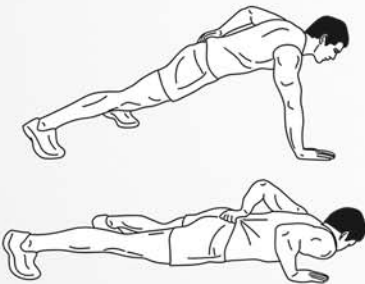
20 shrimp squats



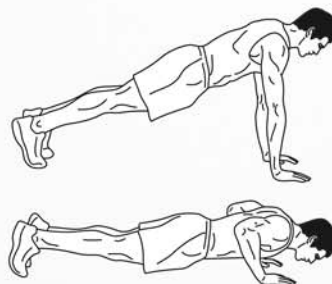
10 pop-ups



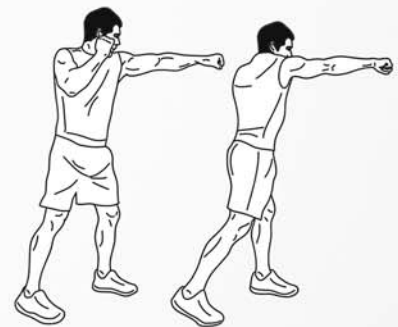
20 balance side kicks



4 one-arm push-ups



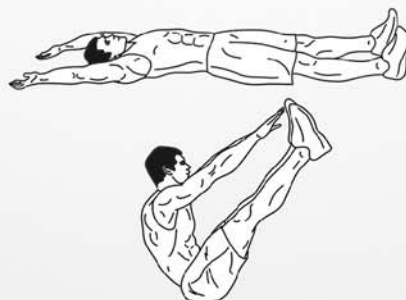
20 push-ups



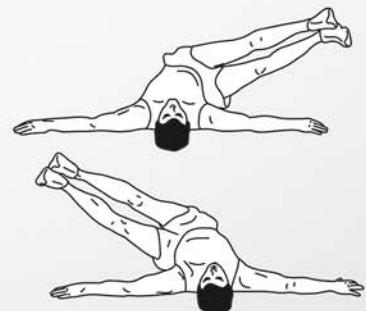
40 punches



20 knee-in w/twist



20 V-ups



20 windshield wipers