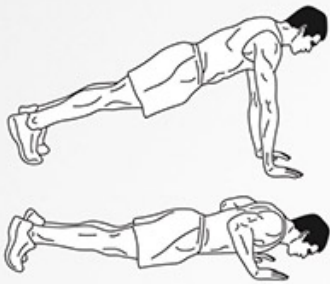


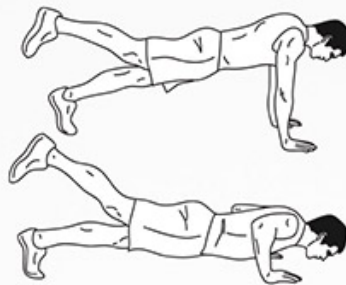
# CERBERUS

DAREBEE WORKOUT © [darebee.com](http://darebee.com)

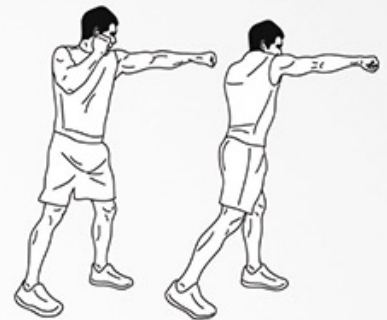
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



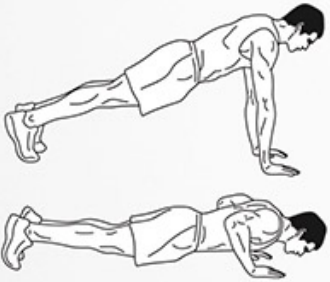
**6** push-ups



**4** raised leg push-ups



**20** punches



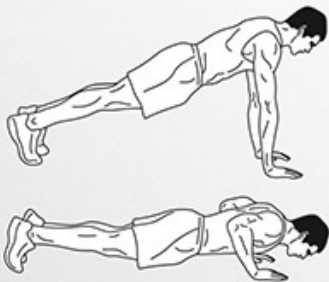
**6** push-ups



**4** push-ups w/ rotations



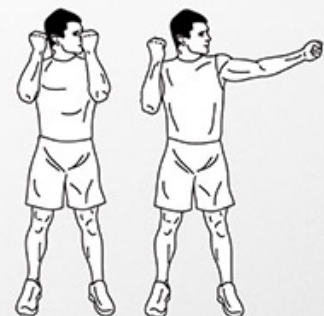
**20** overhead punches



**6** push-ups



**4** shoulder taps



**20** backfists