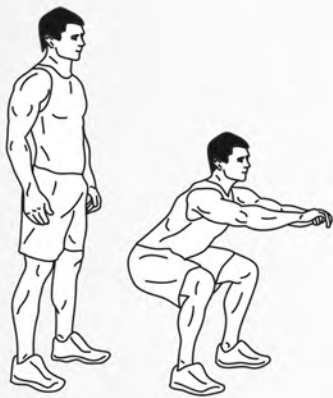


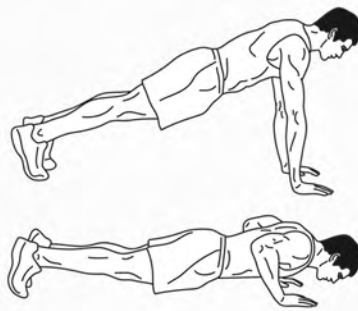
DIRTY 30

DAREBEE WORKOUT @ darebee.com

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



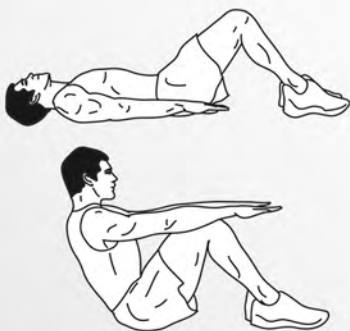
30 squats



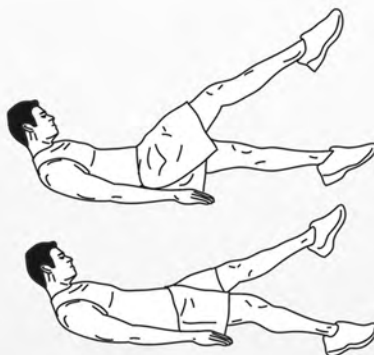
30 push-ups



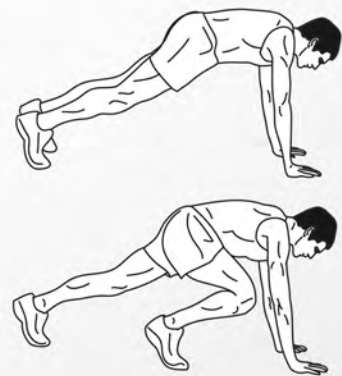
30 lunges



30 sit-ups



30 flutter kicks



30 climbers