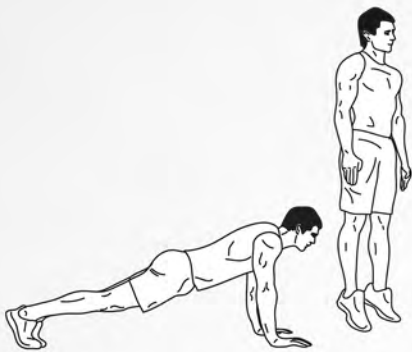


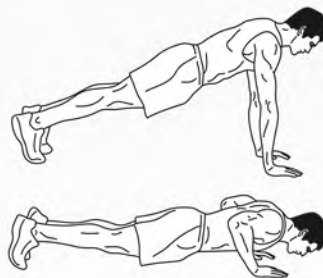
ENDER

DAREBEE WORKOUT @ darebee.com

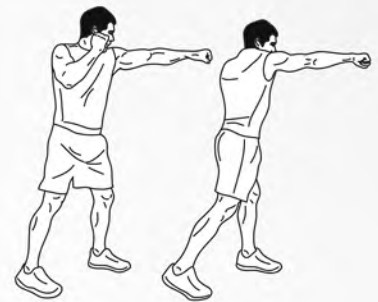
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



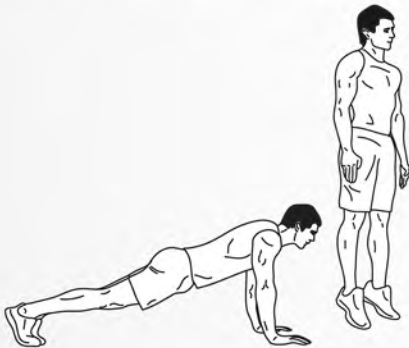
10 basic burpees w/ jump



5 push-ups



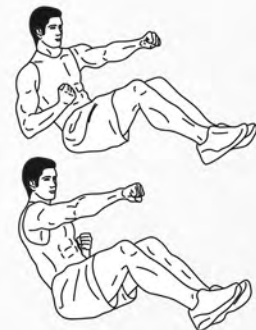
20 punches



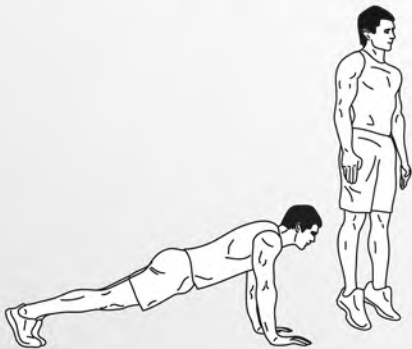
10 basic burpees w/ jump



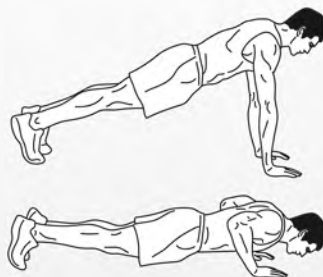
5 sit-ups



20 sitting punches



10 basic burpees w/ jump



5 push-ups



20sec plank