

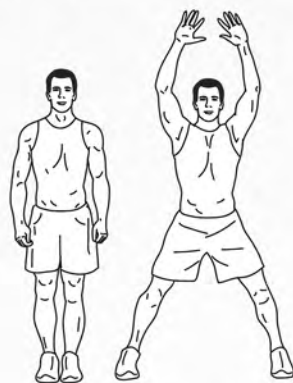
HELL DIVER

DAREBEE WORKOUT
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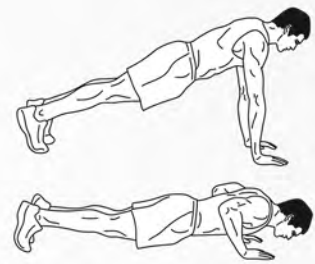
Level I 3 sets
Level II 5 sets
Level III 7 sets
2 minutes rest



40 high knees



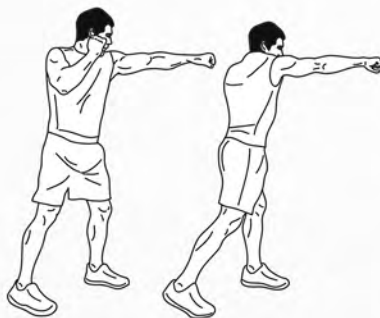
20 jumping jacks



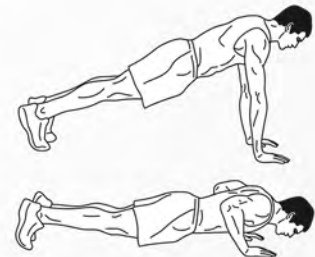
10 push-ups



40 high knees



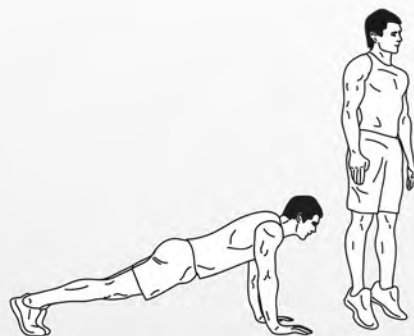
20 punches



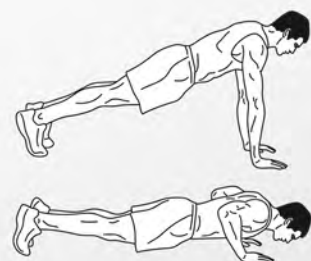
10 push-ups



40 high knees



20 basic burpees



10 push-ups