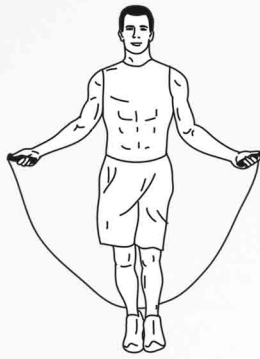
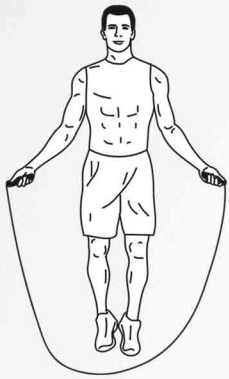


Jump Rope

DAREBEE WORKOUT @ darebee.com

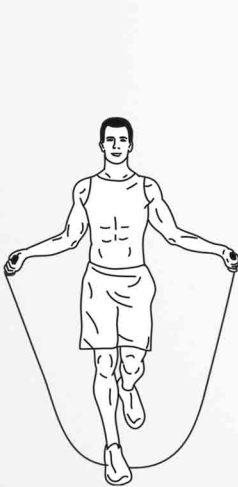
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



60 feet together jumps



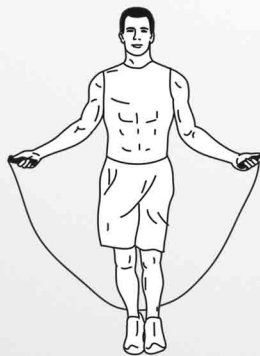
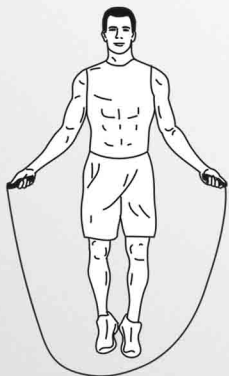
10 feet together side-to-side



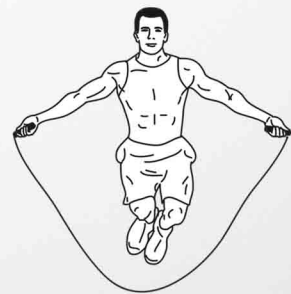
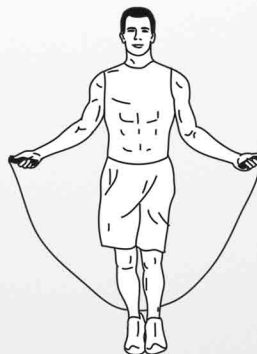
60 skip jumps



10 high knee skip jumps



60 feet together jumps



10 feet together high jumps