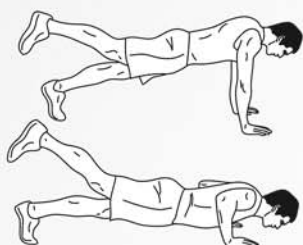


SPLINTER

DAREBEE WORKOUT © darebee.com

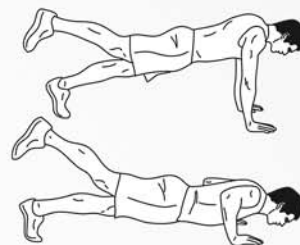
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



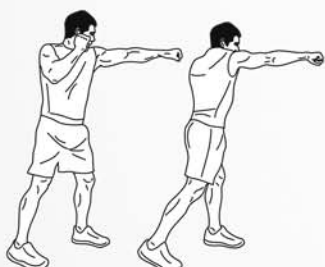
10 raised leg push-ups



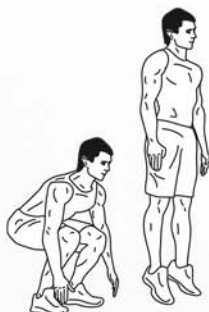
10 jump squats



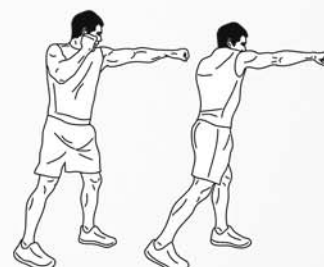
10 raised leg push-ups



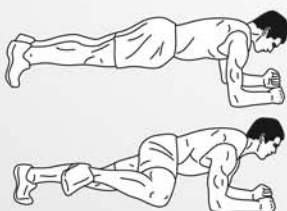
20 punches



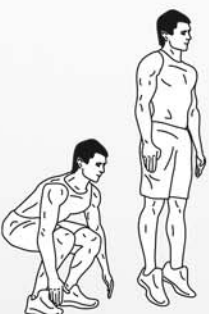
10 jump squats



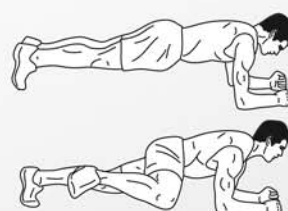
20 punches



10 plank crunches



10 jump squats



10 plank crunches