

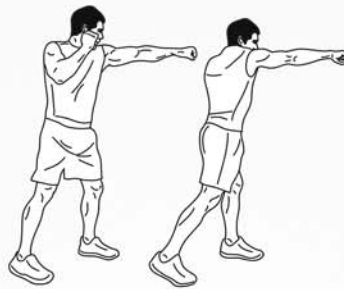
DOUBLE HELIX

DAREBEE **HIT** WORKOUT @ darebee.com

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



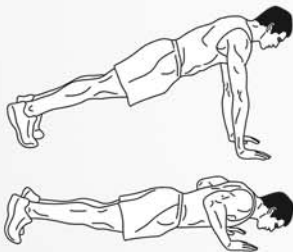
10sec jump squats



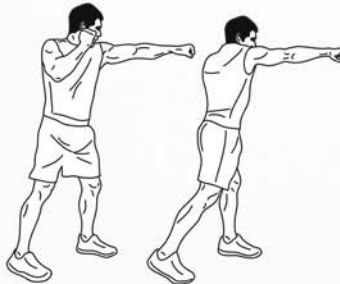
40sec punches



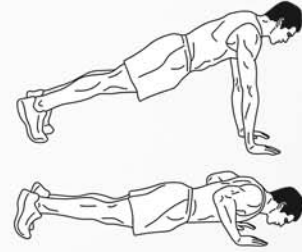
10sec jump squats



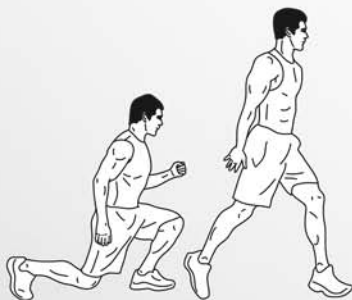
10sec push-ups



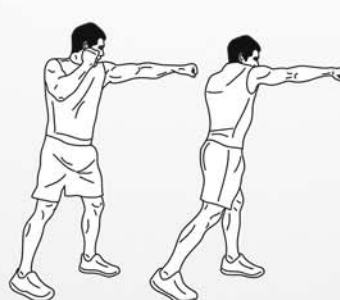
40sec punches



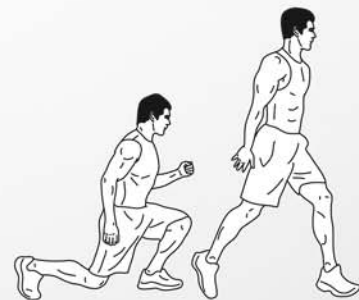
10sec push-ups



10sec jumping lunges



40sec punches



10sec jumping lunges