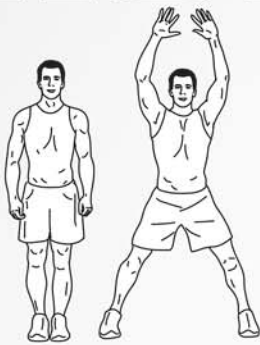


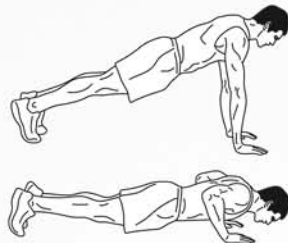
ADRENALINE RUSH

DAREBEE **HIT** WORKOUT
@ darebee.com

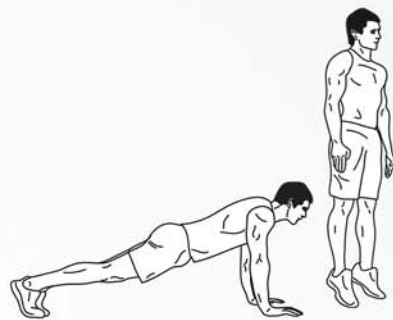
Level I 3 sets Level II 5 sets Level III 7 sets
up to 2 minutes rest between sets



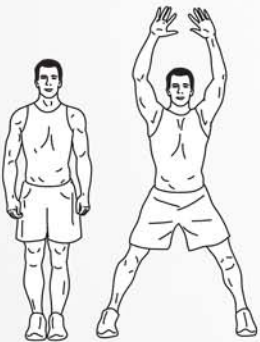
15sec jumping jacks



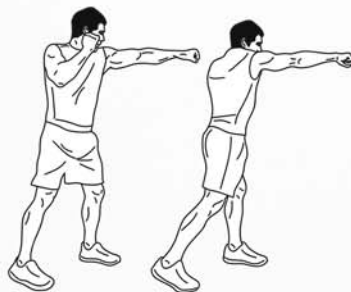
15sec push-ups



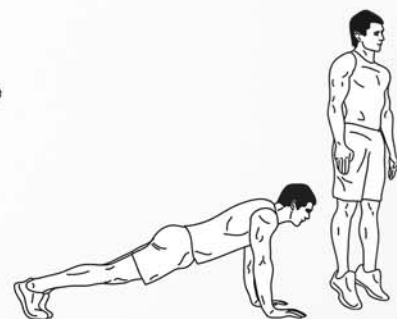
15sec basic burpees



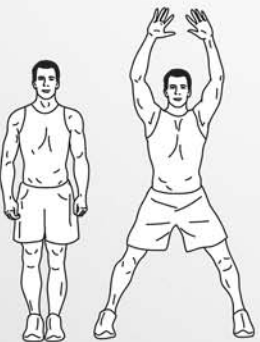
15sec jumping jacks



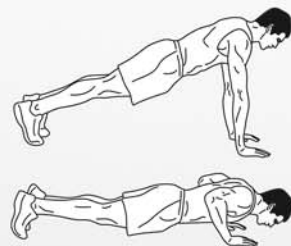
15sec punches



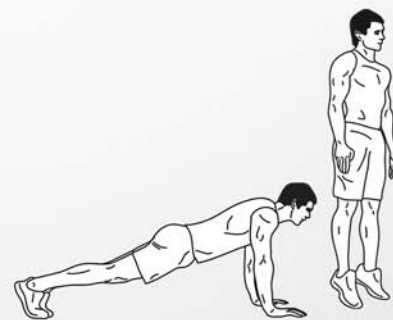
15sec basic burpees



15sec jumping jacks



15sec push-ups



15sec basic burpees