

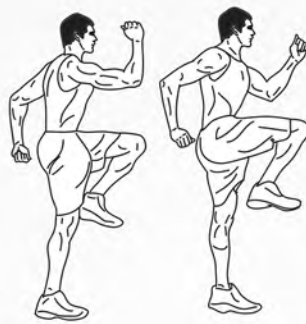
BODY MOD

DAREBEE WORKOUT @ darebee.com

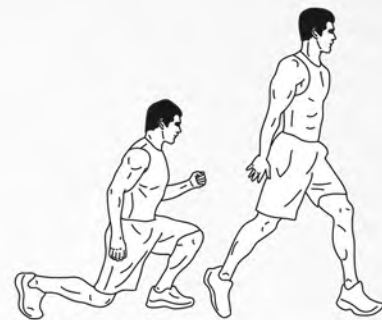
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 high knees



20 march steps



4 jumping lunges



20 high knees



20 march steps



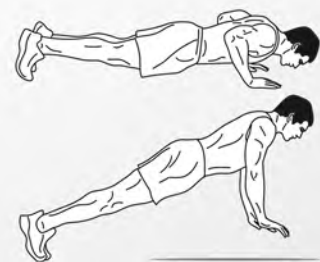
4 jump squats



20 high knees



20 march steps



4 power push-ups