

EXTREME

BURN

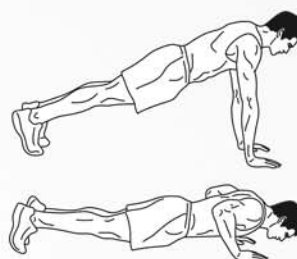
DAREBEE WORKOUT @ darebee.com

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

3combos

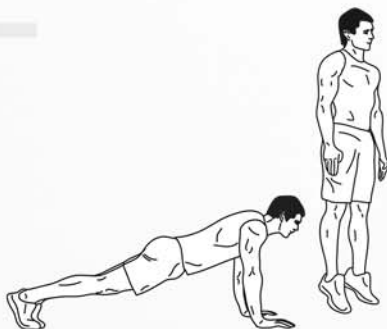


10sec high knees

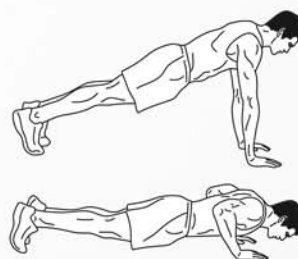


10sec push-ups

3combos

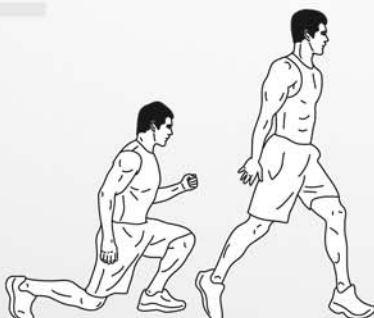


10sec basic burpees

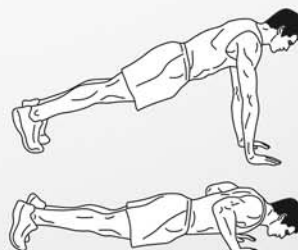


10sec push-ups

3combos



10sec jumping lunges



10sec push-ups