

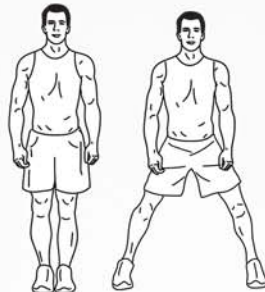
Fast Lane

DAREBEE **HIT** WORKOUT @ darebee.com

Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



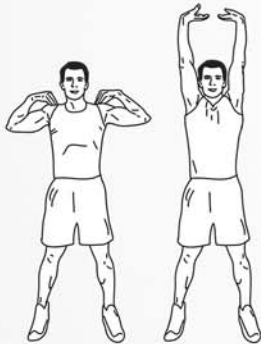
20sec hops on the spot



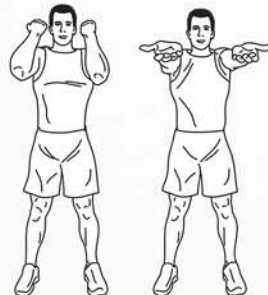
20sec half jacks



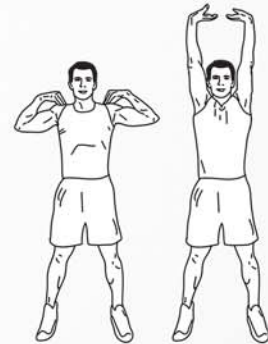
20sec hops on the spot



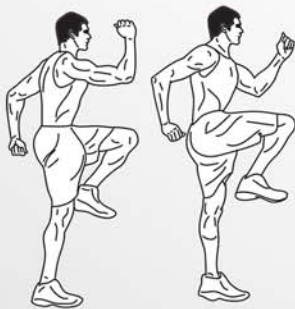
20sec shoulder taps



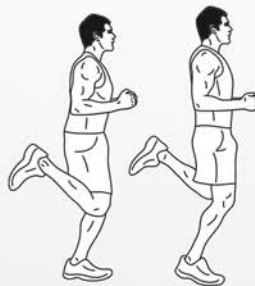
20sec bicep extensions



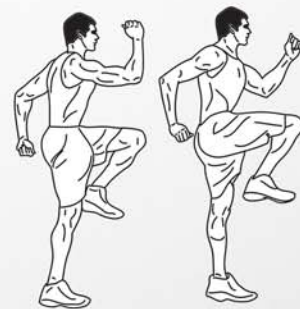
20sec shoulder taps



20sec march steps



20sec butt kicks



20sec march steps