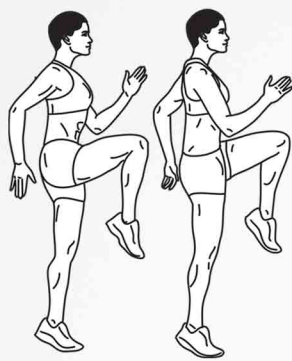


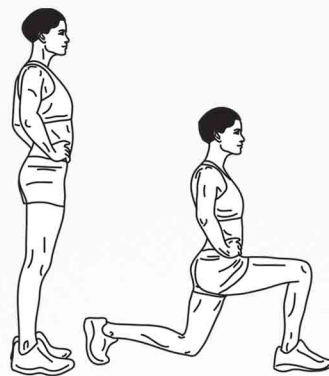
# G.I. JANE

TRIBUTE WORKOUT BY DAREBEE [@ darebee.com](https://darebee.com)

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



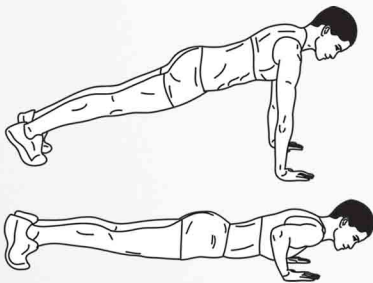
**20** high knees (sprint)



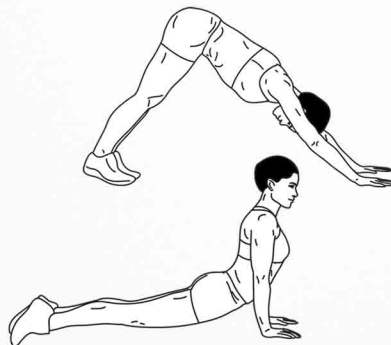
**10** lunges



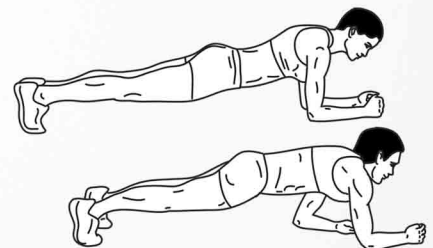
**10** reverse lunges



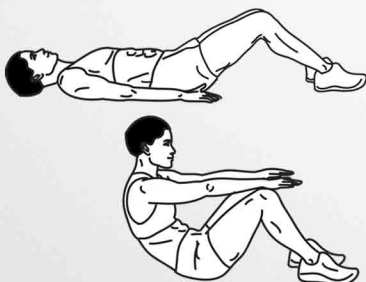
**5** push-ups



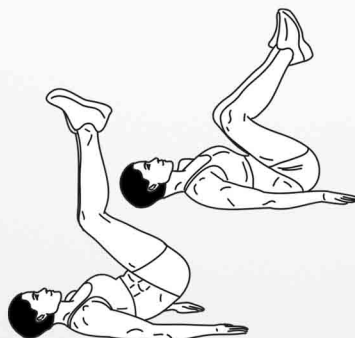
**5** upward dogs



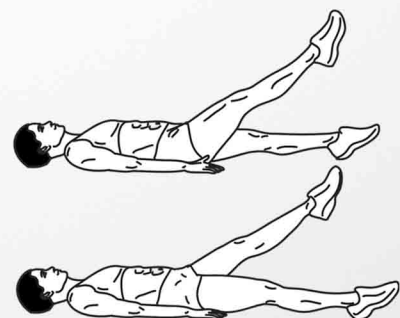
**5** army crawl



**10** sit-ups



**10** reverse crunches



**20** flutter kicks