

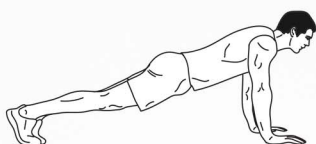
HIT THE GROUND

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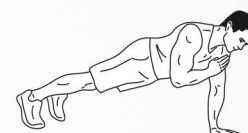
LEVEL I 3 sets
LEVEL II 5 sets
LEVEL III 7 sets
REST up to 2 minutes



20 high knees



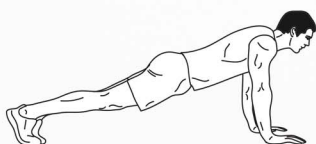
10-count plank hold



4 shoulder taps



20 high knees



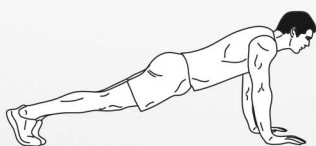
10-count plank hold



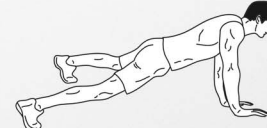
4 plank rotations



20 high knees



10-count plank hold



4 plank jacks