

JEDI

TRIBUTE WORKOUT by [@darebee.com](https://darebee.com)
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets

REST up to 2 minutes



20

lunges



20

cross chops



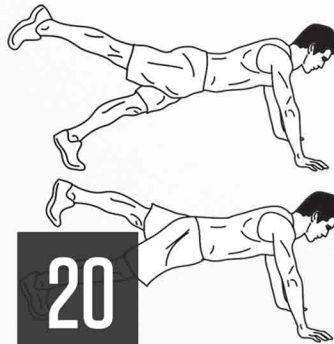
20

side-to-side lunges



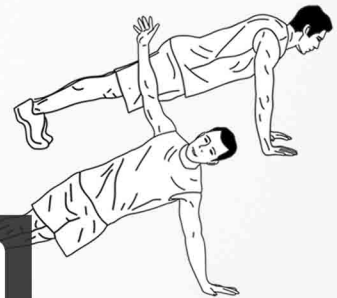
40
SEC

one leg stand



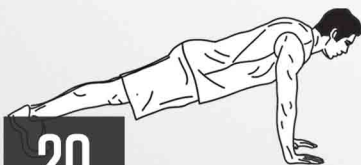
20

plank leg raises



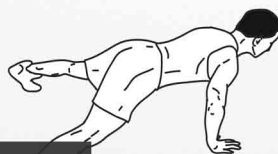
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planks with rotations



20
SEC

plank



20
SEC

wide leg plank



20

knee-to-elbow crunches