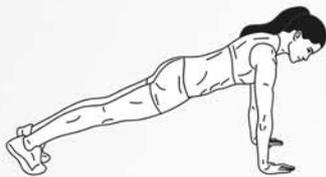


MAJOR

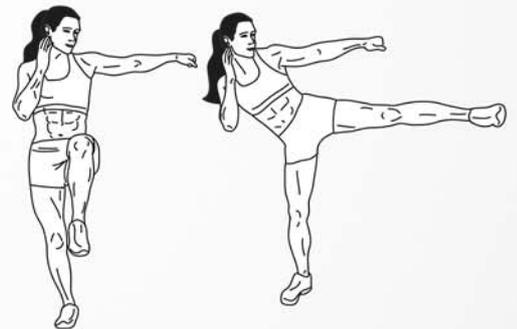
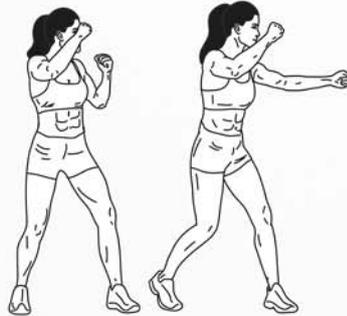
DAREBEE WORKOUT @ darebee.com
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets
REST up to 2 minutes



10 burpees (plank + push-up + jump up)



30 high knees



30 combos backfist + side kick



10 plank rotations



30sec raised leg plank



30sec side plank