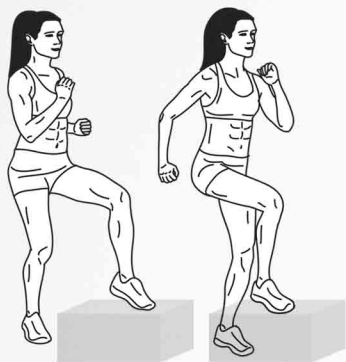


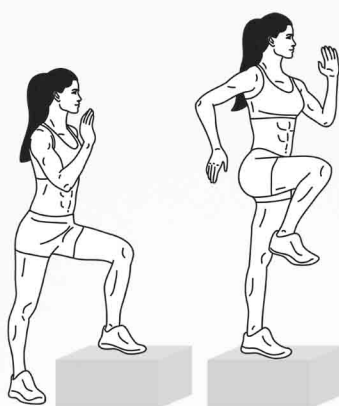
PANDORA³

DAREBEE WORKOUT @ darebee.com

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



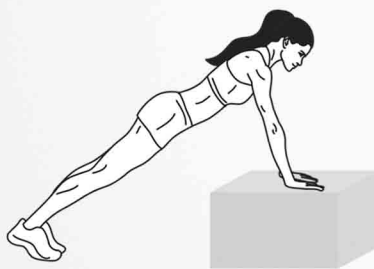
20 box taps



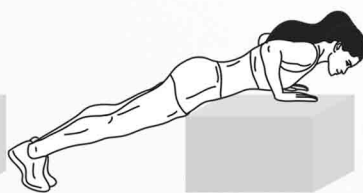
20 box step-ups



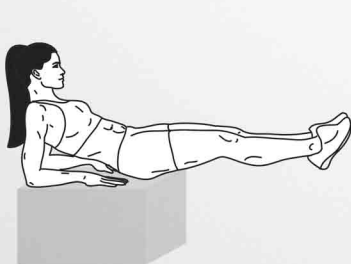
20 box jumps



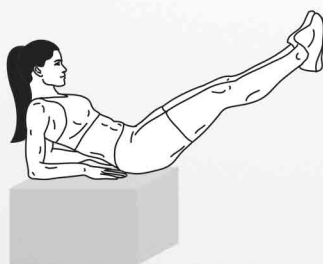
10 incline push-ups



10-count box plank hold



10 leg raises



10 crunch kicks

