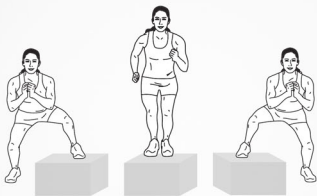


PLYO

DAREBEE **HIT** WORKOUT @ darebee.com

Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



30sec side steps



20sec side step-ups

10sec jumps