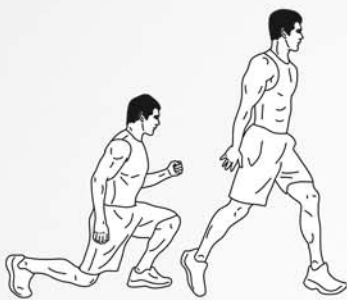


REFINER

DAREBEE **HIT** WORKOUT © darebee.com

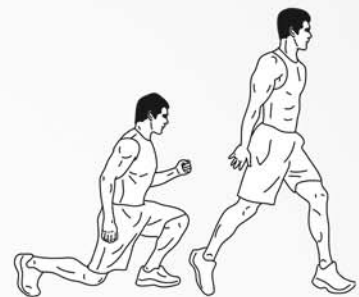
Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



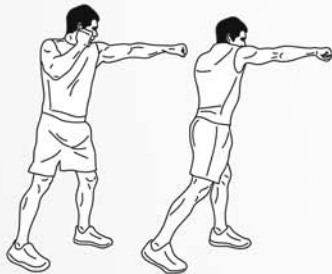
20sec jumping lunges



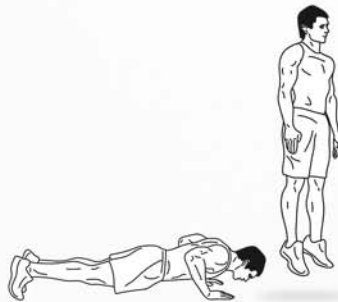
20sec calf raises



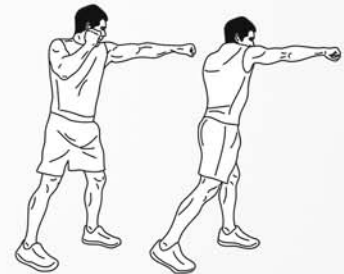
20sec jumping lunges



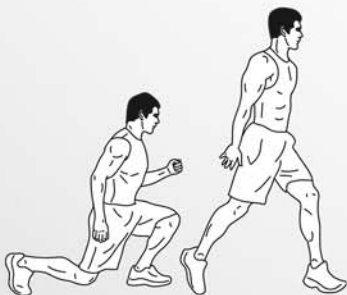
20sec punches



20sec burpees



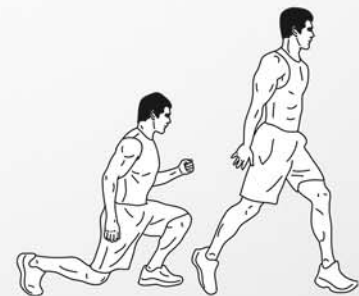
20sec punches



20sec jumping lunges



20sec calf raises



20sec jumping lunges