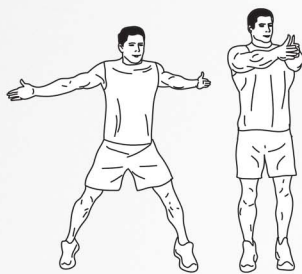


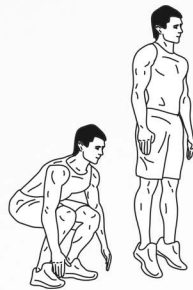
ROCK THE BOAT

DAREBEE WORKOUT @ darebee.com

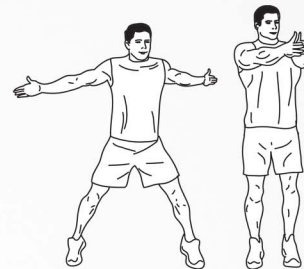
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10 seal jacks



2 jump squats



10 seal jacks



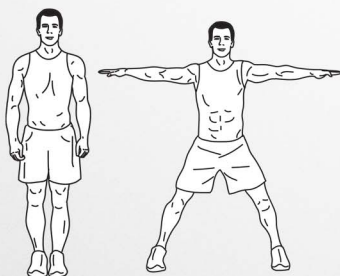
10-count squat hold



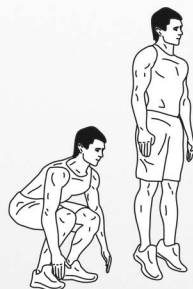
2 jump squats



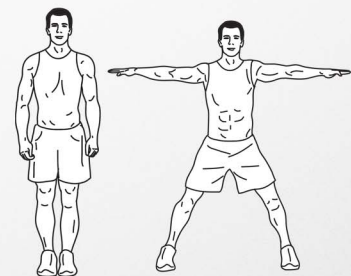
10-count squat hold



10 jumping Ts



2 jump squats



10 jumping Ts