

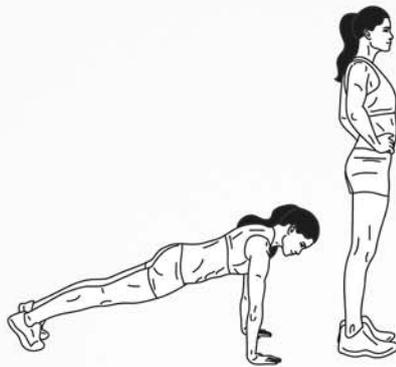
SARAH CONNOR

TRIBUTE WORKOUT BY DAREBEE @ darebee.com

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



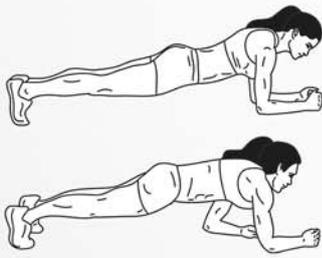
20 hop heel clicks



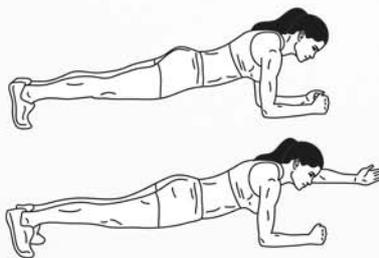
20 basic burpees



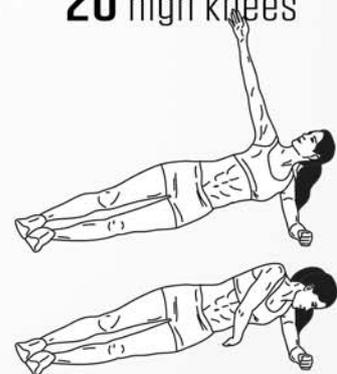
20 high knees



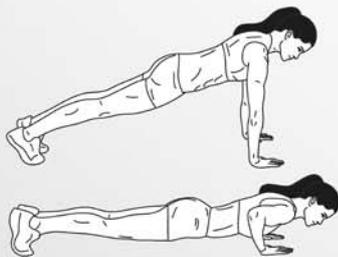
10 army crawl



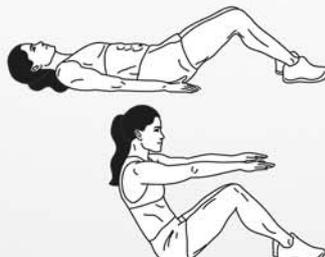
10 plank arm raises



10 side plank rotations



10 push-ups



10 sit-ups



10 sitting twists