

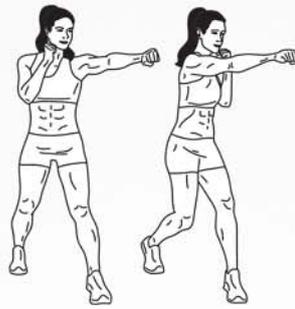
TAM SIN

DAREBEE WORKOUT @ darebee.com

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



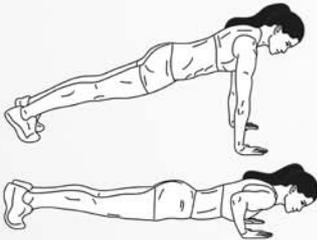
10 jumping lunges



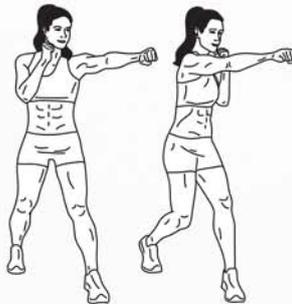
20 punches



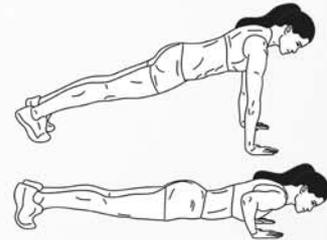
10 jumping lunges



10 push-ups



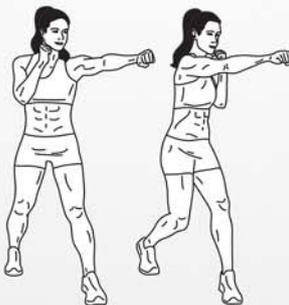
20 punches



10 push-ups



10 jump squats



20 punches



10 jump squats