

TOP of the WORLD

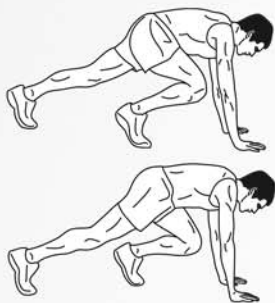
DAREBEE WORKOUT
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LEVEL I 3 sets

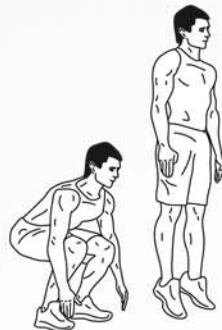
LEVEL II 5 sets

LEVEL III 7 sets

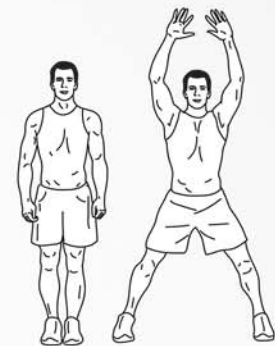
REST up to 2 minutes



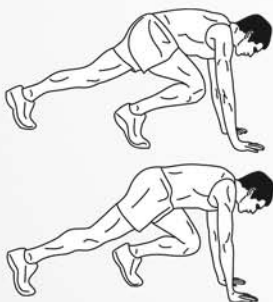
10 climbers



4 jump squats



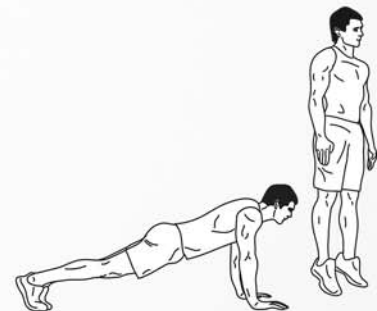
20 jumping jacks



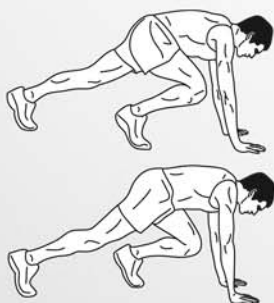
10 climbers



10-count plank hold



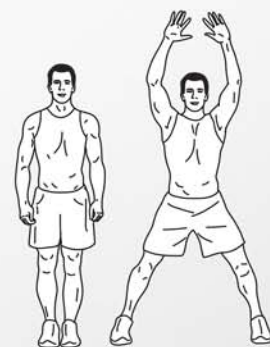
4 basic burpees



10 climbers



4 jump squats



20 jumping jacks