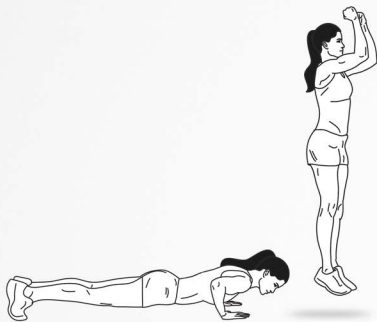


ULTIMATE TEST

DAREBEE WORKOUT @ darebee.com

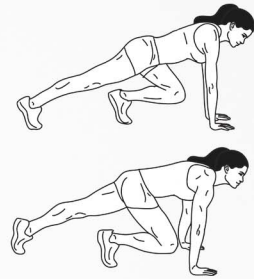
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



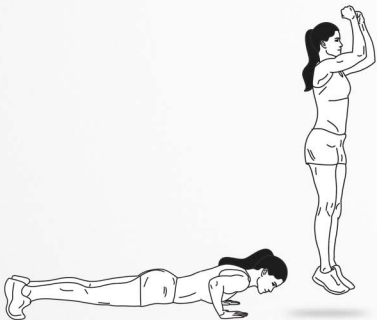
5 burpees



20 high knees



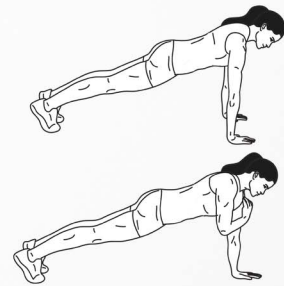
10 climbers



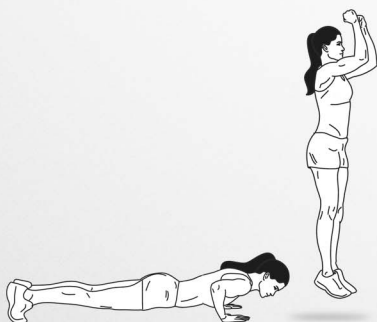
5 burpees



20 high knees



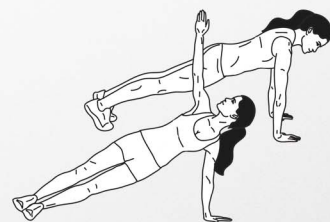
10 shoulder taps



5 burpees



20 high knees



10 plank rotations