

UNSTOPPABLE

DAREBEE WORKOUT @ darebee.com

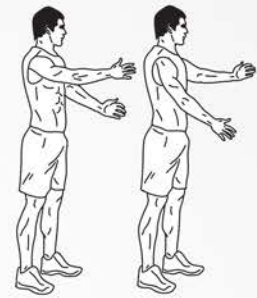
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10 split jacks



20 high knees



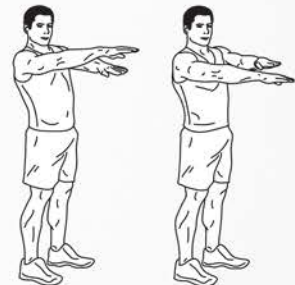
20 scissor chops



10 split jacks



20 high knees



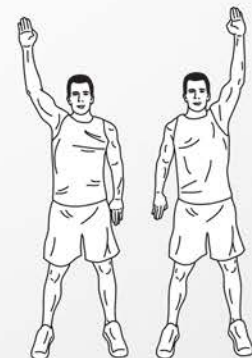
20 arm scissors



10 split jacks



20 high knees



20 alt chest expansions