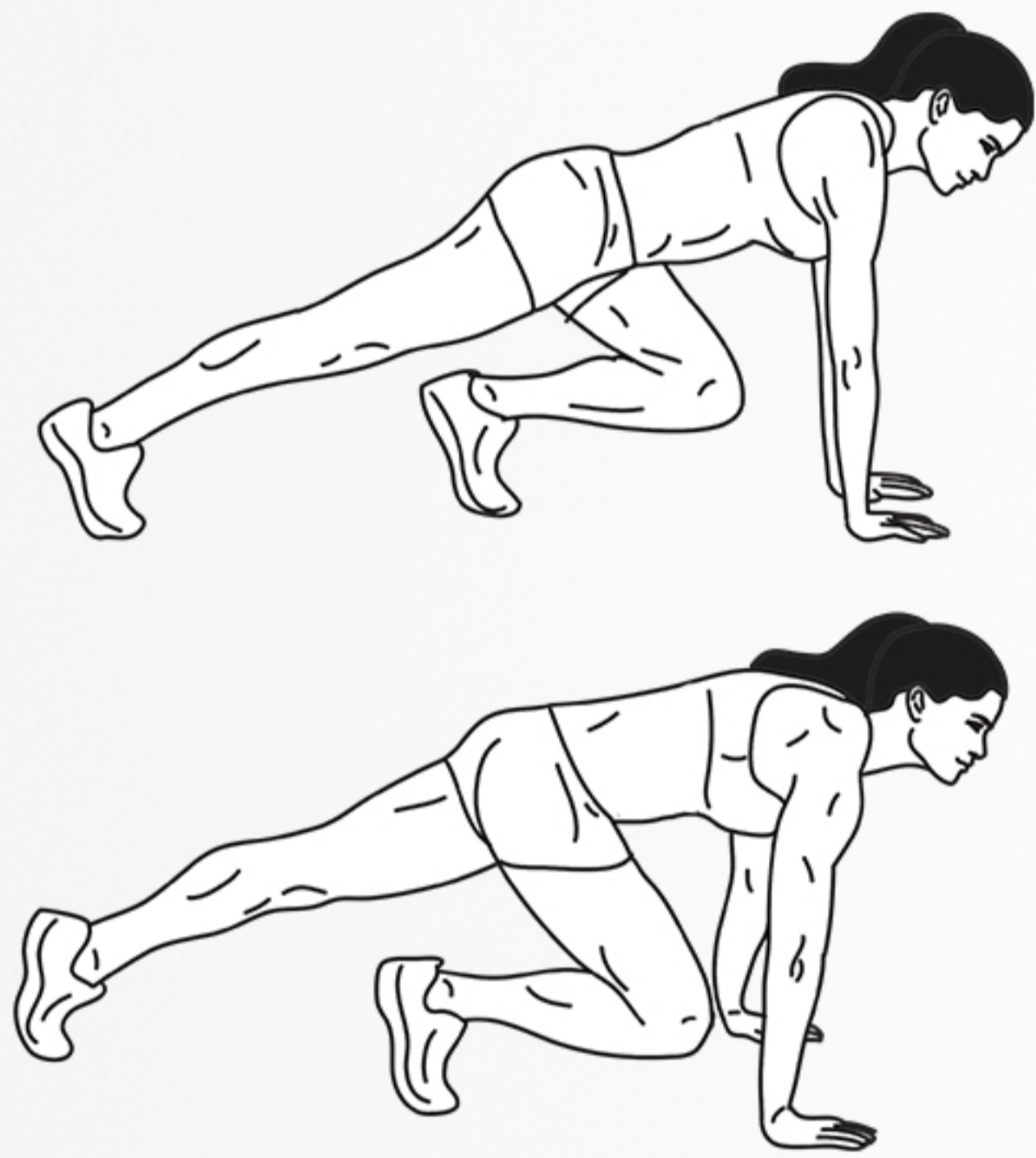


WILD CHILD

DAREBEE WORKOUT @ darebee.com

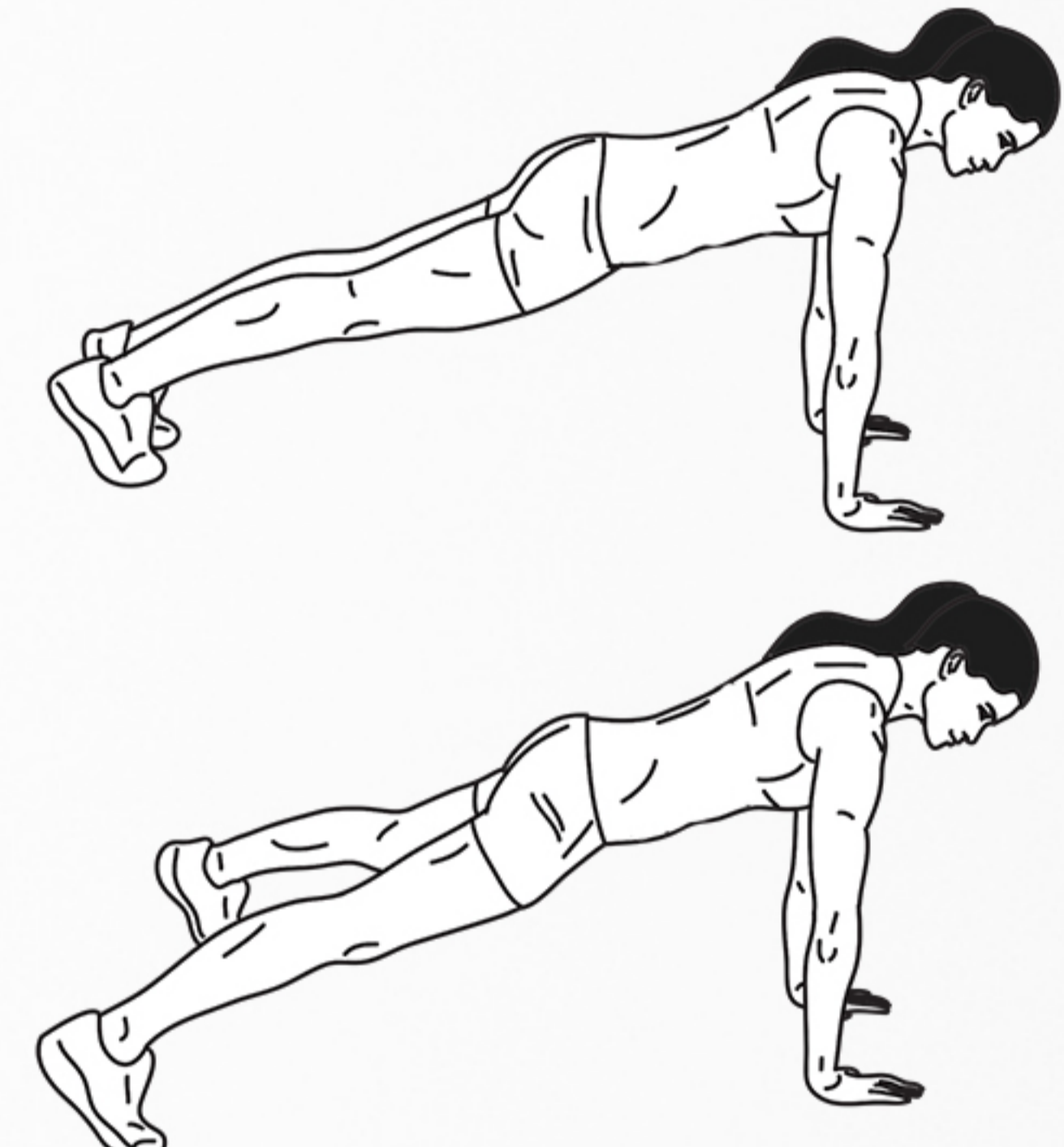
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10 climbers



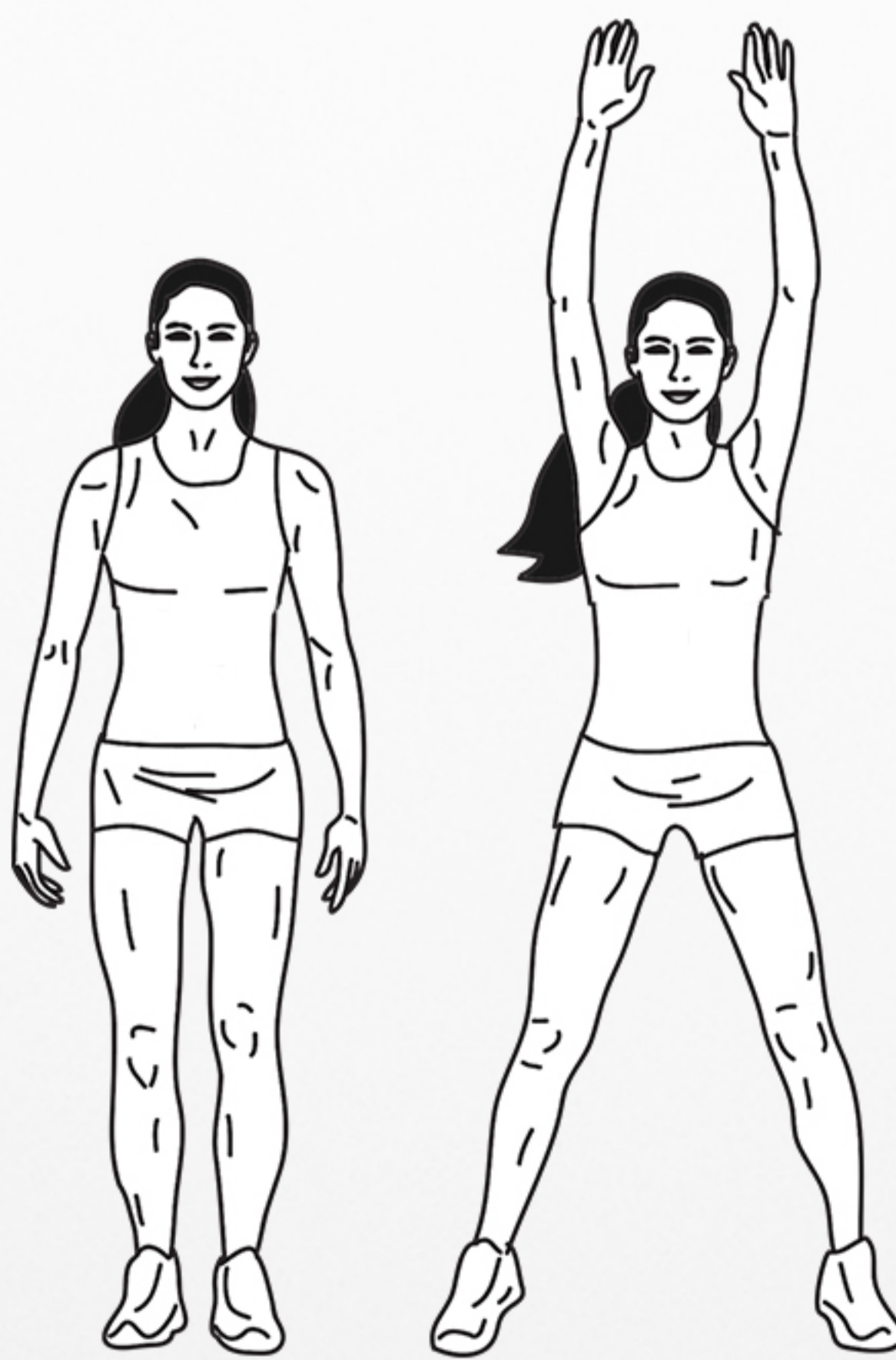
20 high knees



10 plank jacks



10 knee-to-elbow



20 jumping jacks



10 hop heel clicks