

HOLD MY BEER

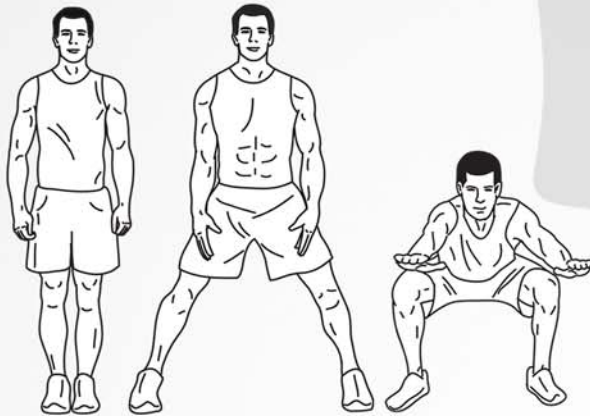
DAREBEE WORKOUT
@ darebee.com

LEVEL I 3 sets

LEVEL II 5 sets

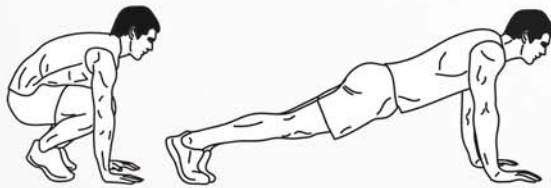
LEVEL III 7 sets

REST up to 2 minutes



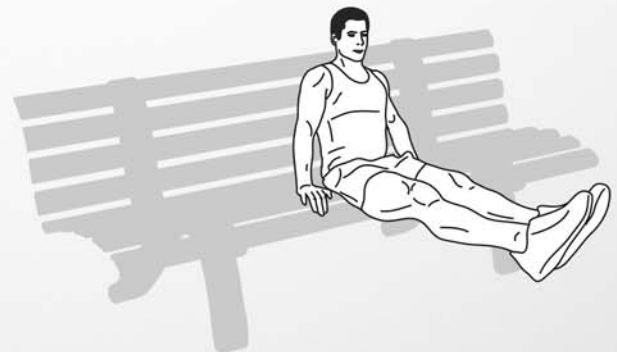
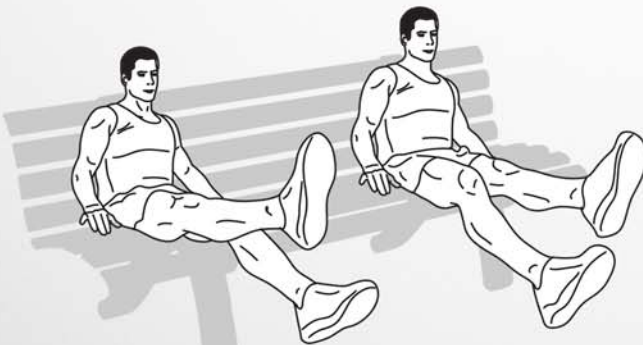
10 half jack squats

10-count squat hold



10 basic burpees

10-count plank hold



10 flutter kicks

10-count raised legs hold

basics

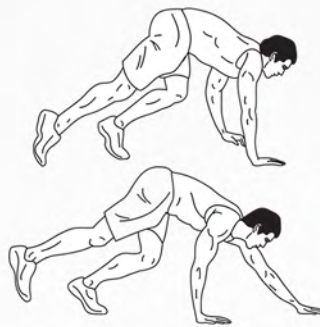
parkour

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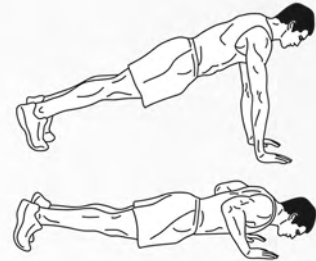
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10 lunges



10-count bear crawl



10 push-ups



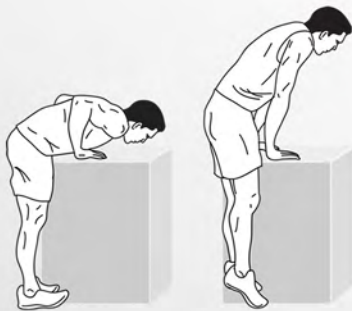
10 broad jumps



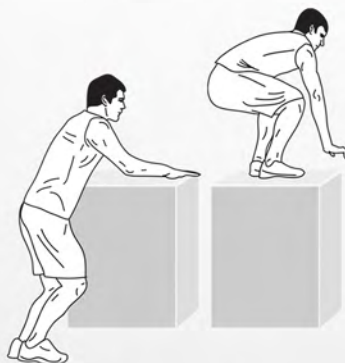
10 squats



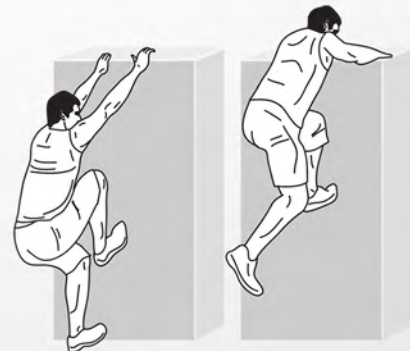
4 jump knee-tucks



10 wall dips



4 plant plyos

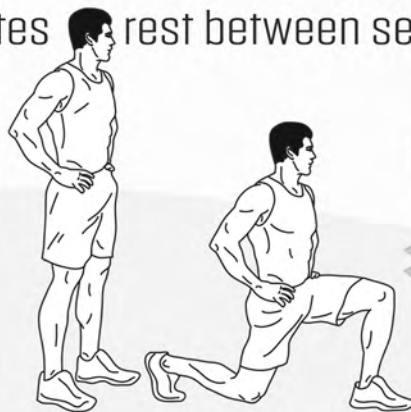


4 wall climbers

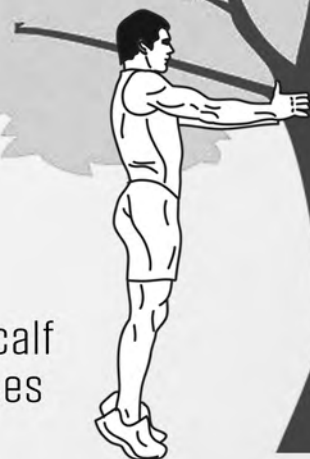
a walk in a **Park**

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10 reps each | 5 sets in total
up to 2 minutes rest between sets



6. lunges



5. calf raises



4. squats



3. side leg raises



2. tricep dips

1. jumping jacks



PlayGround

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

