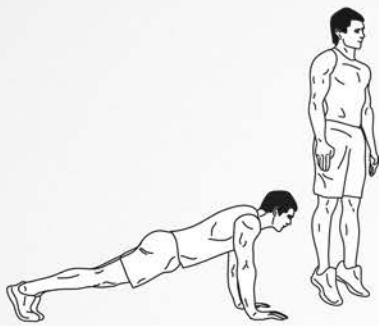


acing it

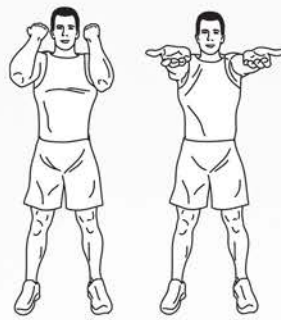
DAREBEE WORKOUT

@ darebee.com

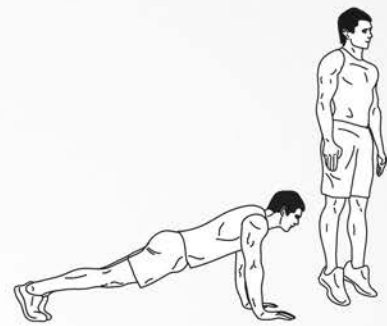
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



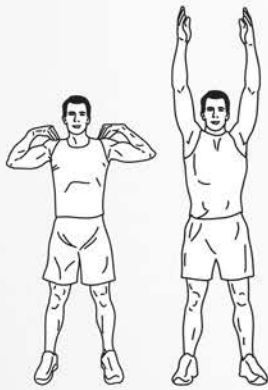
4 basic burpees



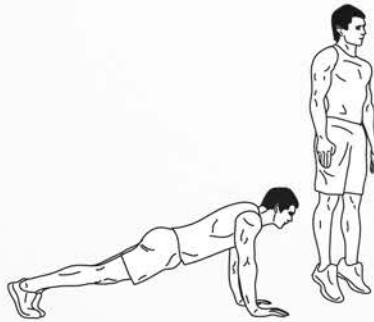
20 bicep extensions



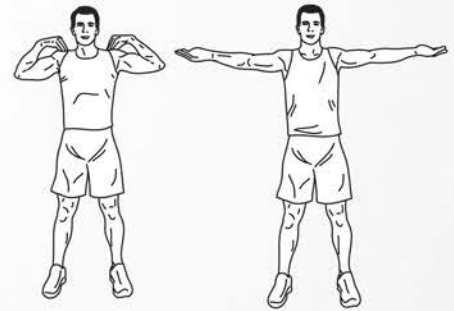
4 basic burpees



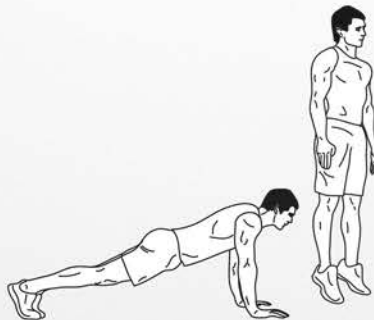
20 shoulder taps



4 basic burpees



20 side shoulder taps



4 basic burpees