

THE BOUNCER

DAREBEE WORKOUT @ darebee.com

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



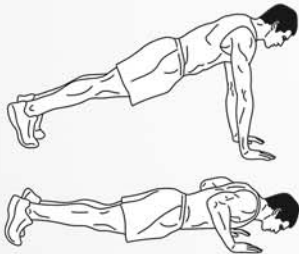
20 squats



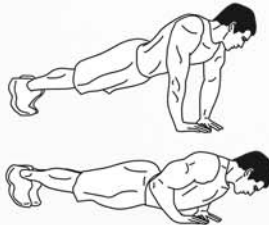
10 jump squats



10-count squat hold



10 push-ups



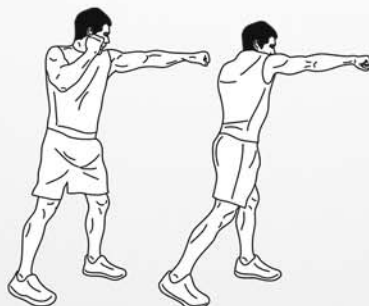
4 close grip push-ups



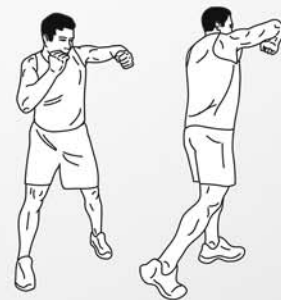
10-count p/ plank hold



20 uppercuts



20 punches



20 hooks