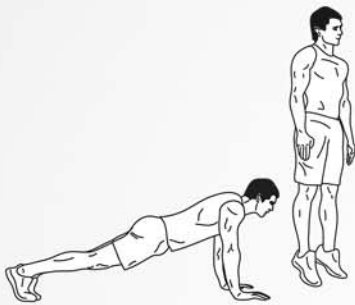


BURPEE HD

DAREBEE **HIT** WORKOUT @ darebee.com

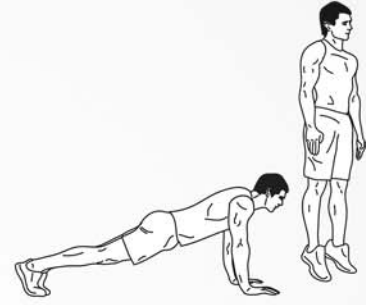
Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



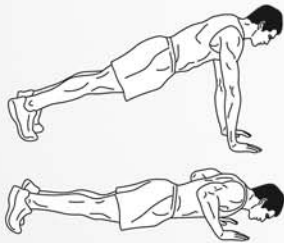
30sec basic burpees



30sec full plank hold



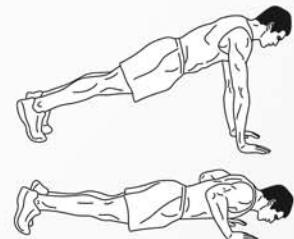
30sec basic burpees



10sec push-ups



10sec jump squats



10sec push-ups



60seconds plank hold, 20 seconds each

start with an elbow plank then come up to full plank and finish by going back to an elbow plank