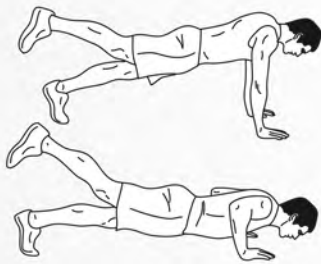


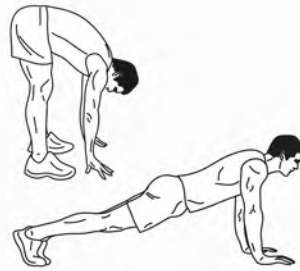
CHALLENGE ACCEPTED

DAREBEE WORKOUT @ darebee.com

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



10 raised leg push-ups



10 plank walk-outs



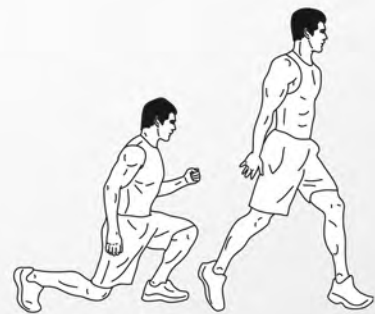
10 side plank crunches



10 jump squats



10-count squat hold



10 jumping lunges