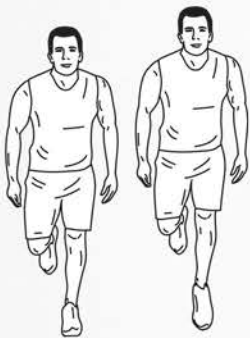


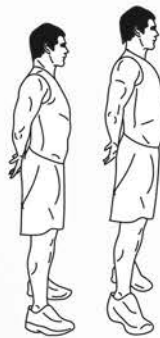
COME BACK FASTER

DAREBEE WORKOUT @ darebee.com

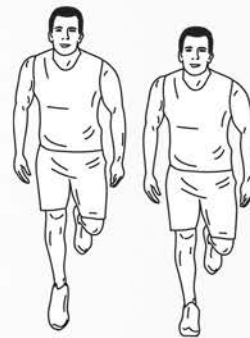
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



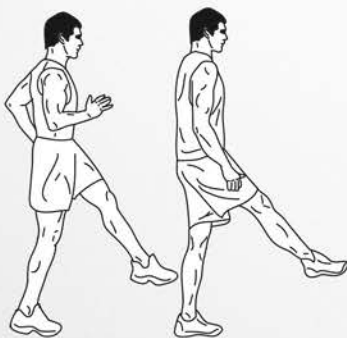
20 single leg hops
left leg



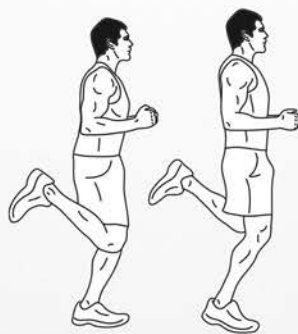
10 calf raises



20 single leg hops
right leg



20 straight leg bounds



20 butt kicks



40 high knees (sprint!)