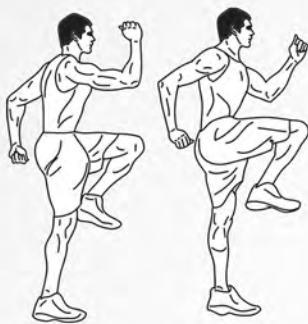


COSSack

DAREBEE WORKOUT @ darebee.com

Level I 3 sets Level II 5 sets Level III 7 sets REST 2 minutes



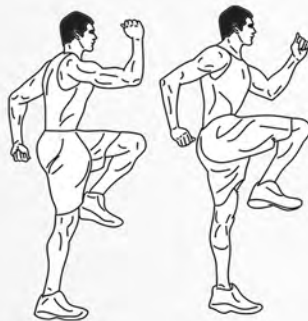
20 march steps



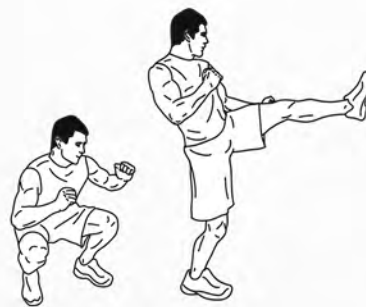
10 toe tap hops



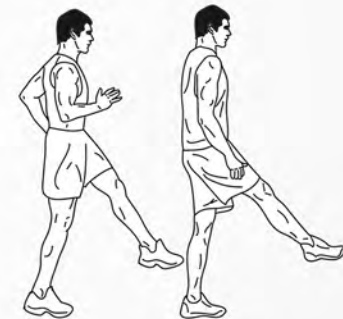
20 straight leg bounds



20 march steps



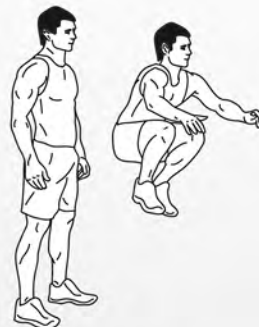
10 squat + front kick



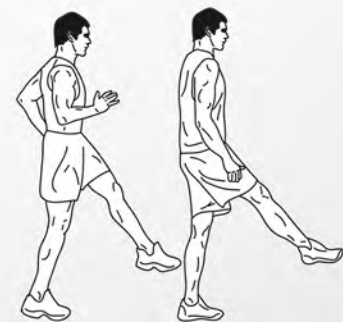
20 straight leg bounds



20 march steps



10 jump knee-tucks



20 straight leg bounds