

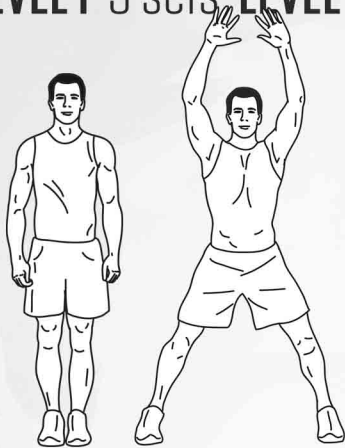
COWBOY

DAREBEE WORKOUT

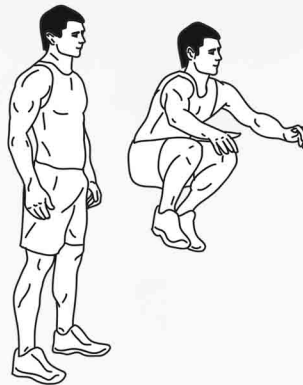


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LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



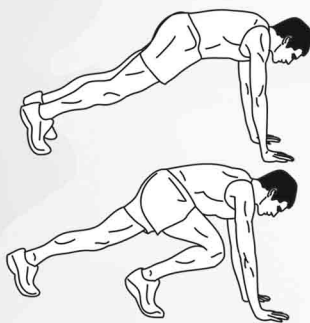
30 jumping jacks



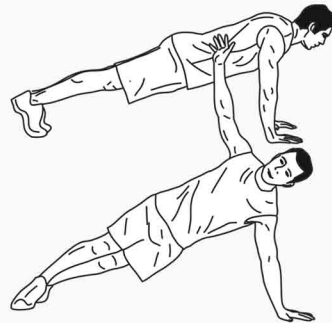
5 jump knee tucks



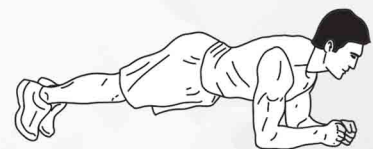
10 lunges



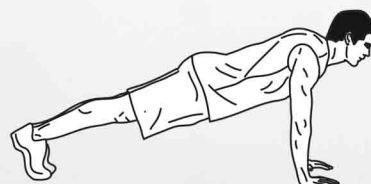
30 climbers



10 planks with rotations



30sec elbow plank



10 basic burpees