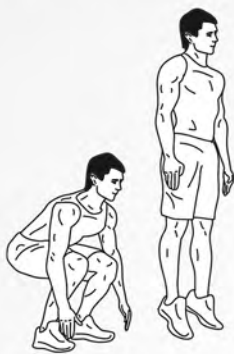


THE CRUSHER

DAREBEE WORKOUT @ darebee.com

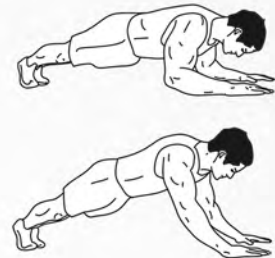
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



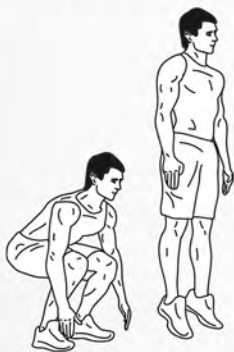
5 jump squats



10 lunges



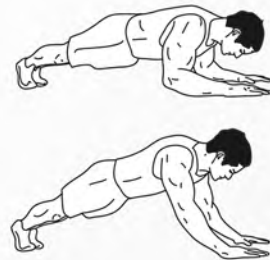
one tricep extension



5 jump squats



10 calf raises



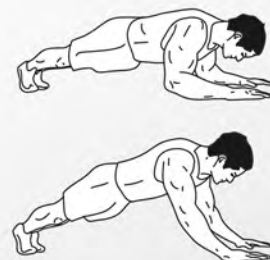
one tricep extension



5 jump squats



10-count plank



one tricep extension