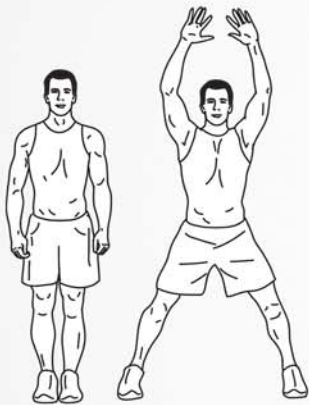


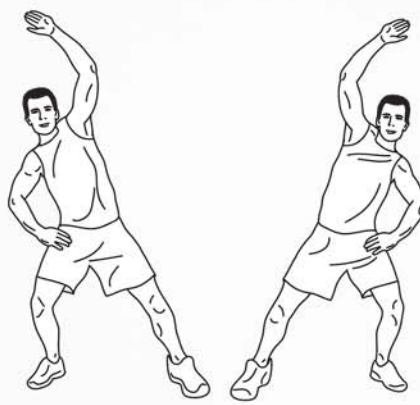
DEEP DIVE

DAREBEE WORKOUT © darebee.com

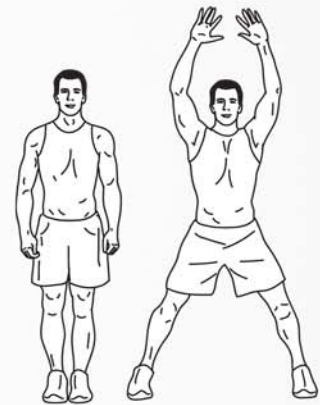
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



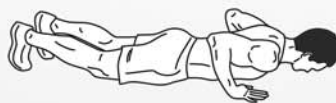
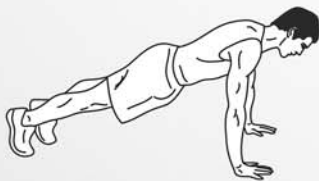
20 jumping jacks



20 side jacks



20 jumping jacks



5 skydiver push-ups