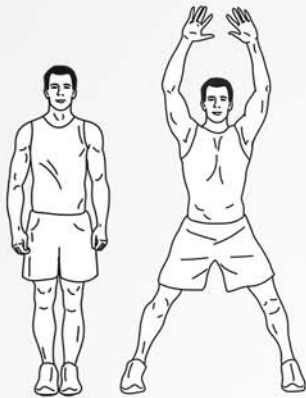


DNA:REWRITE

DAREBEE WORKOUT @ darebee.com

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



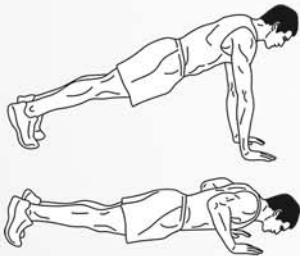
10 jumping jacks



10 lunge step-ups



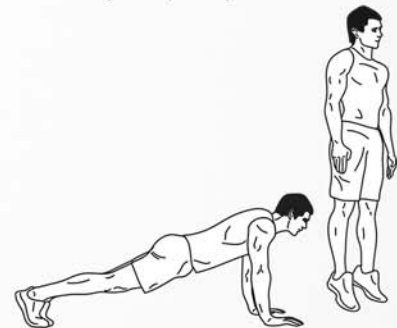
2 jump squats



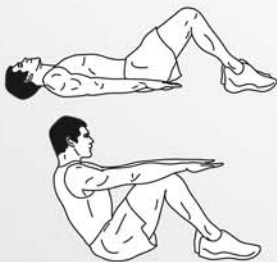
2 push-ups



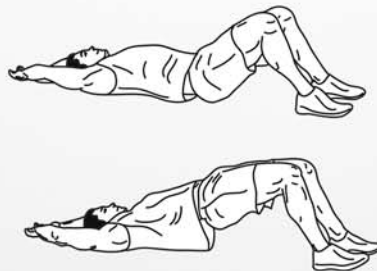
10-count plank



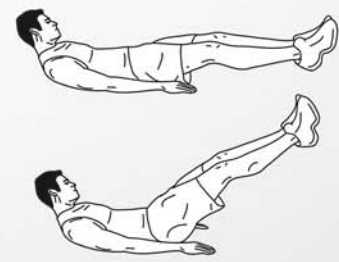
2 basic burpees w/ jump



10 sit-ups



10 bridges



2 leg raises