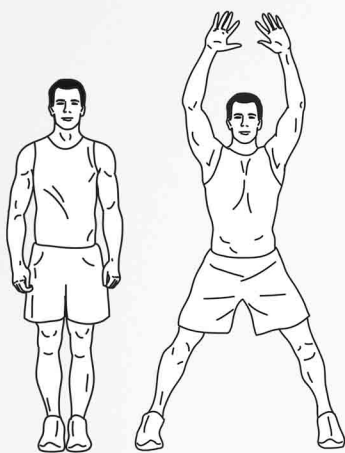


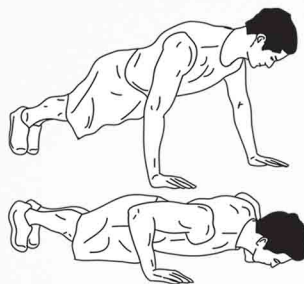
FIRE FIGHTER

DAREBEE WORKOUT @ darebee.com

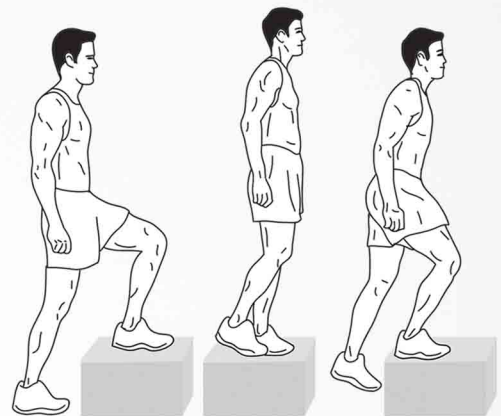
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



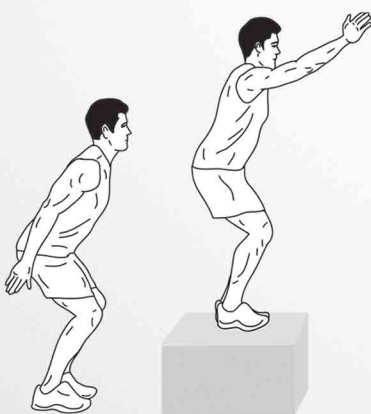
20 jumping jack



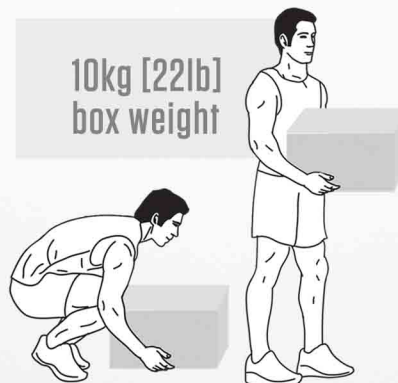
10 wide grip push-ups



20 box step-ups



20 box jumps



20 box lifts



40 high knees