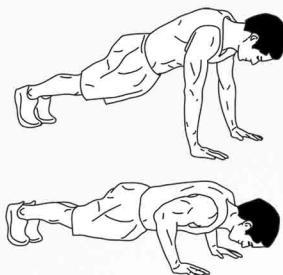


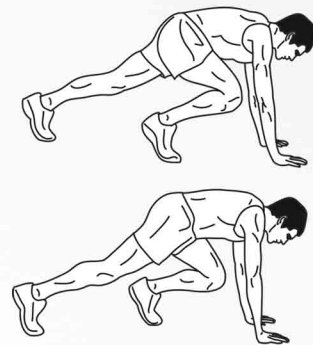
THE FORGE

DAREBEE WORKOUT @ darebee.com

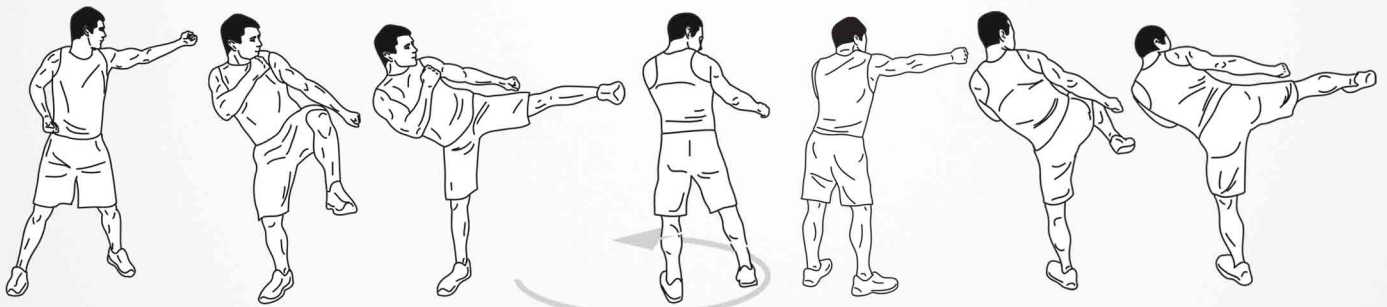
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



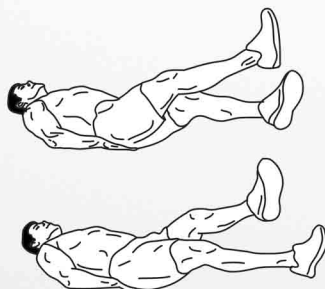
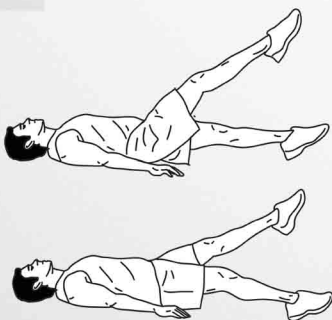
3 combos: 10 high knees + 2 push-ups



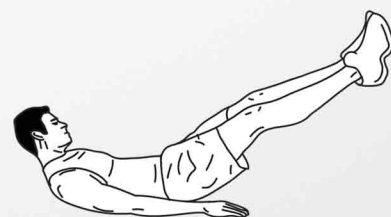
10 climbers



10 combos backfist + side kick + hop & rotate + backfist + side kick



3 combos: 10 flutter kicks + 2 scissors



10-count raised leg hold