

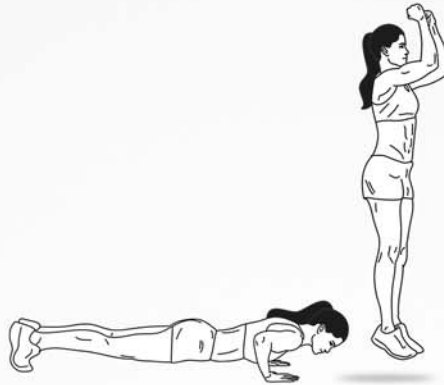
GODDESS

DAREBEE WORKOUT @ darebee.com

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



30 high knees



10 burpees



30 high knees



30 climbers



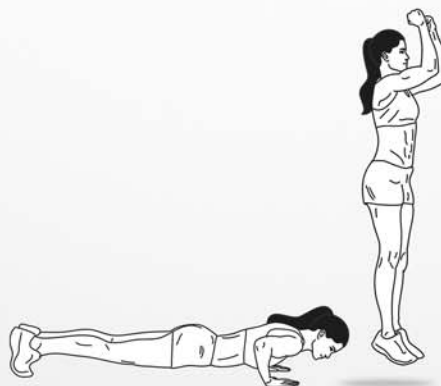
10 burpees



30 climbers



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30 high knees