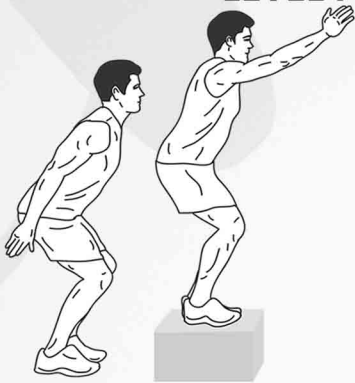


HTHEOOD

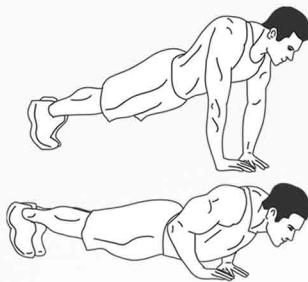
DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets

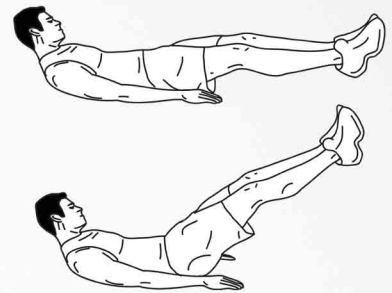
REST up to 2 minutes



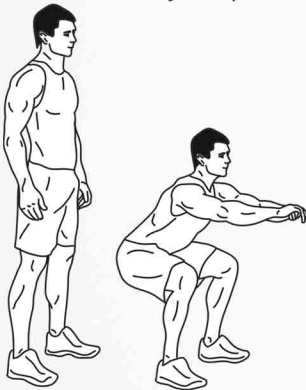
20 box jumps



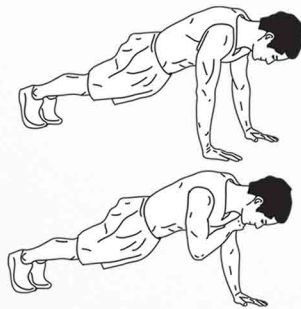
to failure tricep push-ups



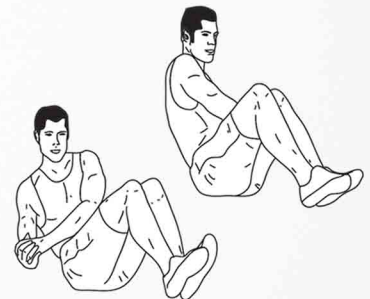
20 leg raises



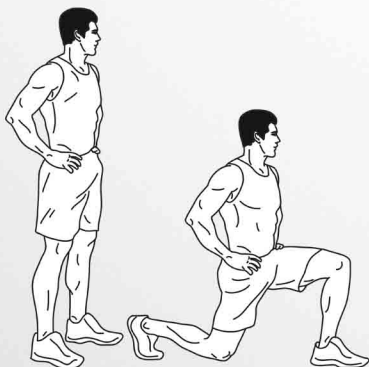
20 squats



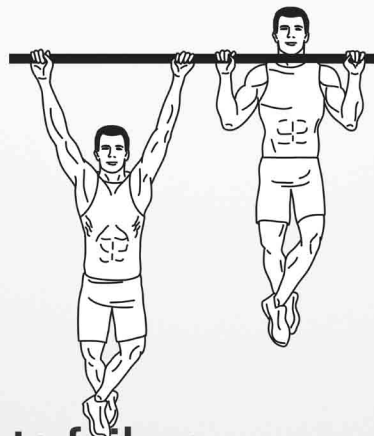
to failure shoulder taps



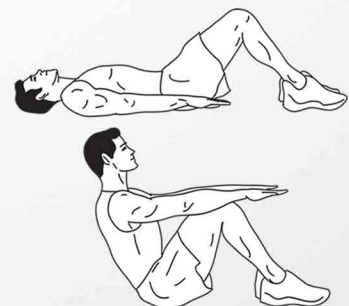
20 sitting twists



20 lunges



to failure pull-ups



20 sit-ups