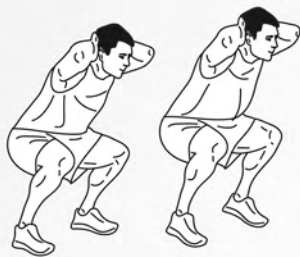


Inner Beast

DAREBEE WORKOUT @ darebee.com

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



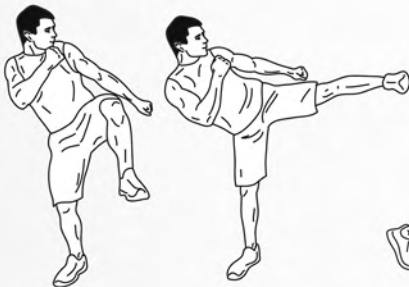
10 squat hops



10-count squat hold



10 jump squats



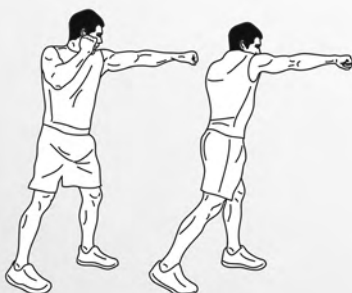
10 side kicks



10-count plank



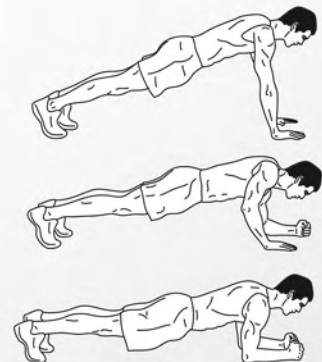
10 power push-ups



40 punches



10-count elbow plank



10 up & down plank