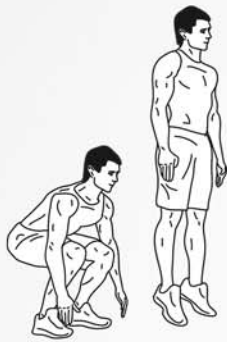


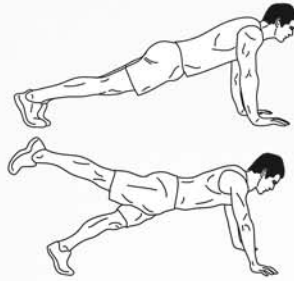
LAWMAN

DAREBEE WORKOUT @ darebee.com

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



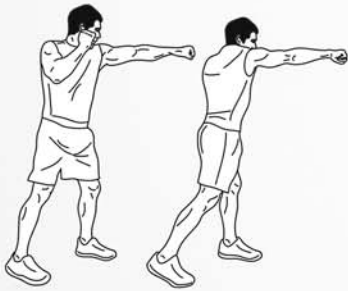
10 jump squats



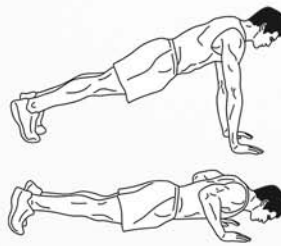
20 plank leg raises



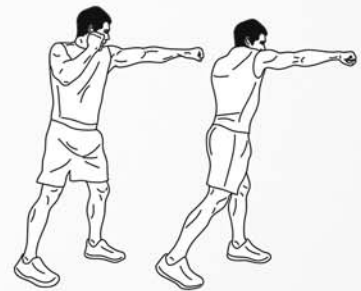
10 jump squats



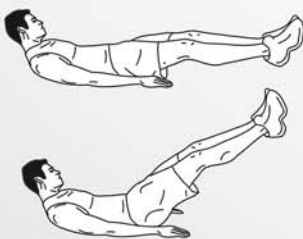
20 punches



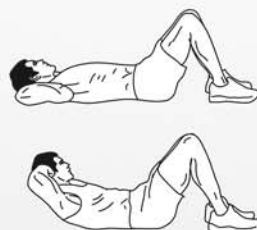
20 push-ups



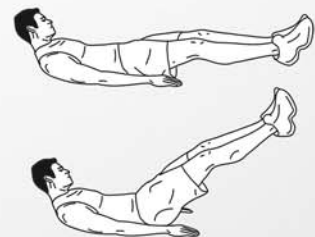
20 punches



10 leg raises



20 crunches



10 leg raises