

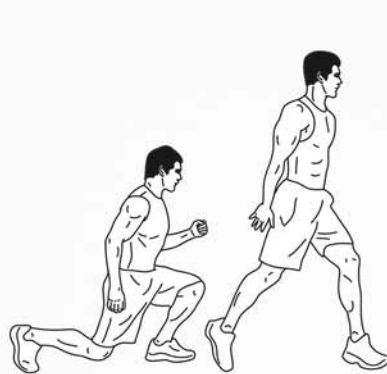
LEVEL-UP!

DAREBEE WORKOUT @ darebee.com

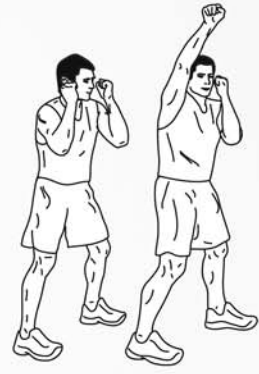
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10 high knees



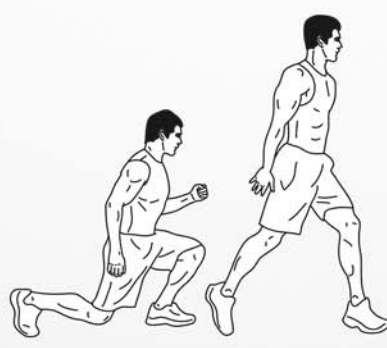
2 jumping lunges



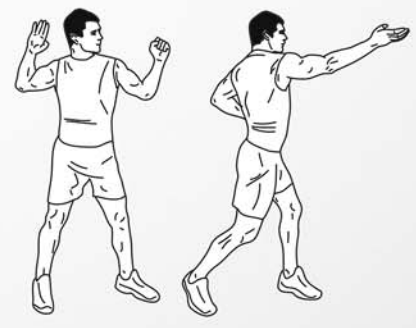
20 overhead punches



10 squats



2 jumping lunges



20 knife hand strikes