

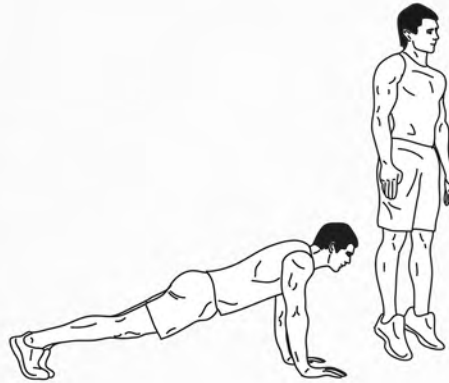
LIVE WIRE

DAREBEE WORKOUT @ darebee.com

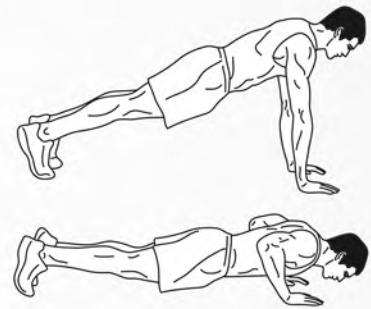
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



60 high knees



10 basic burpee w/jump



10 push-ups



60 high knees



10 squats



10 jump squats