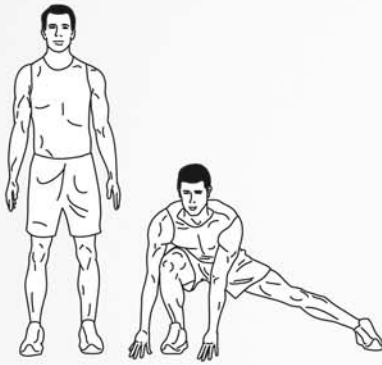


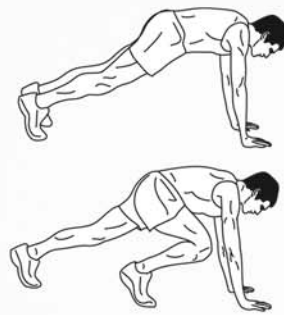
LURKER

DAREBEE WORKOUT @ darebee.com

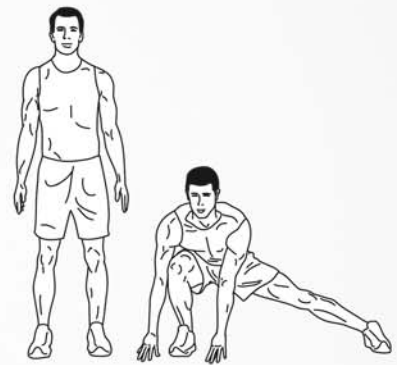
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



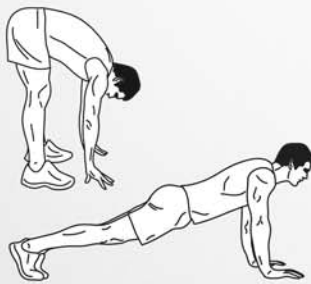
4 side lunges



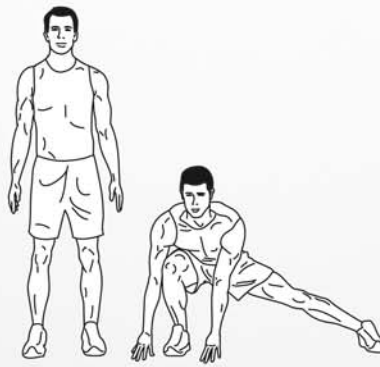
10 slow climbers



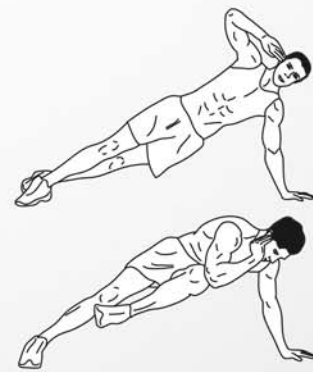
4 side lunges



4 plank walk-outs



4 side lunges



10 side plank knee-to-elbow