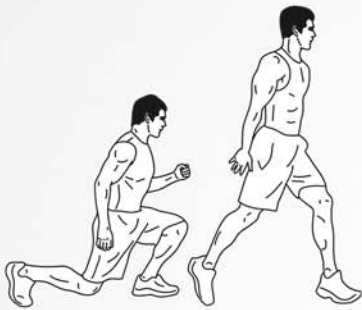


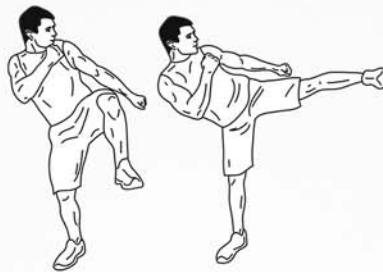
MARS

DAREBEE WORKOUT @ darebee.com

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



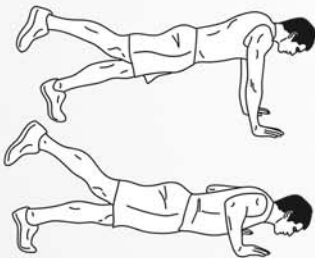
10 jumping lunges



20 side kicks



20 knee strikes



10 raised leg push-ups



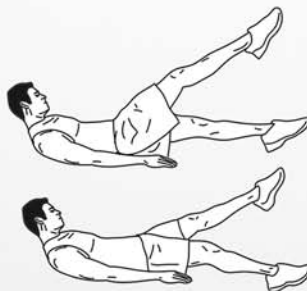
20 elbow strikes



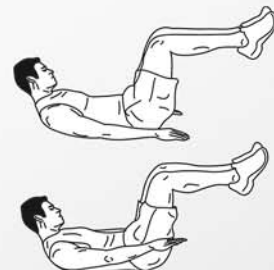
20 upward elbow strikes



10 knee-to-elbows



20 flutter kicks



20 hundreds