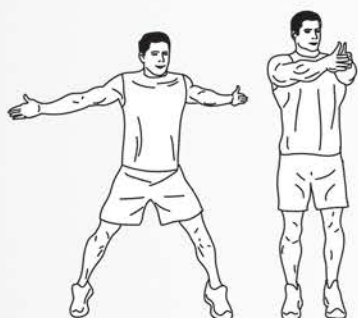


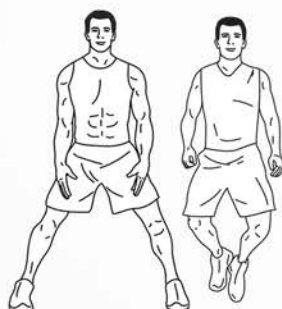
MAXED OUT!

DAREBEE WORKOUT @ darebee.com

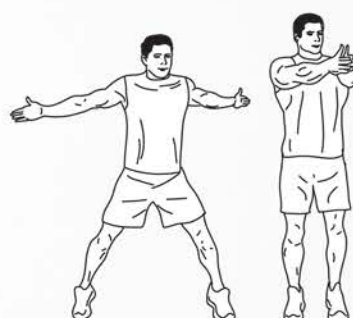
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



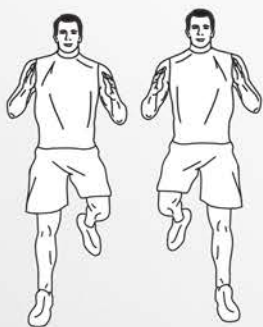
10 seal jacks



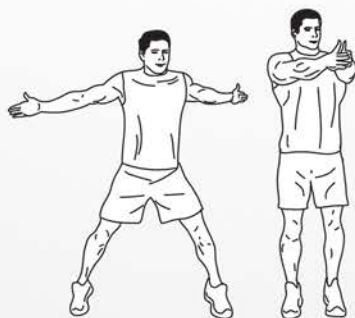
4 hop heel clicks



10 seal jacks



4 side-to-side hops



10 seal jacks



4 hop toe taps