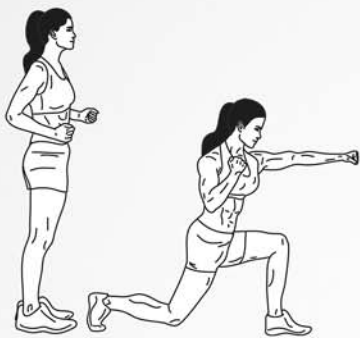


MORD-SITH

DAREBEE WORKOUT © darebee.com

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



20 lunge punches



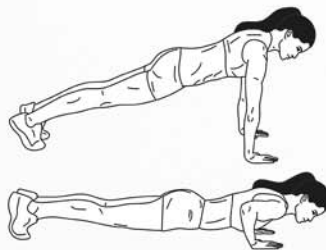
10 jump squats



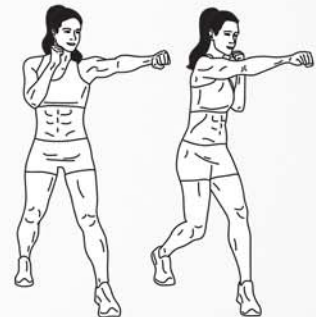
20-count squat hold



20 plank rotations



10 push-ups



20 punches



20 back kicks



10 bridge taps



20 crunches

