

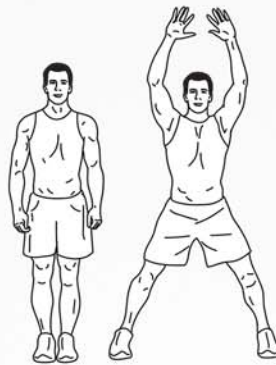
NO TOMORROW

DAREBEE **HIT** WORKOUT © darebee.com

Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



20sec high knees



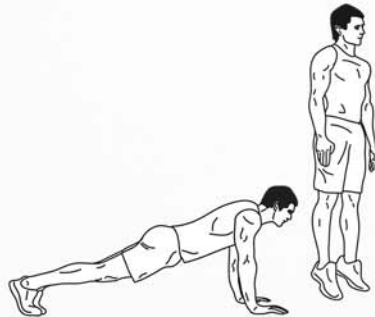
20sec jumping jacks



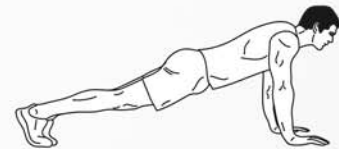
20sec high knees



20sec plank



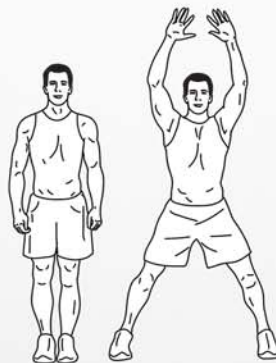
20sec basic burpee w/jump



20sec plank



20sec high knees



20sec jumping jacks



20sec high knees