

POWER CRAWL

DAREBEE WORKOUT

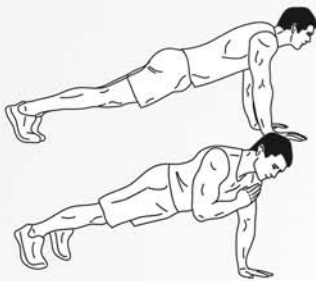
@ darebee.com

LEVEL I 3 sets

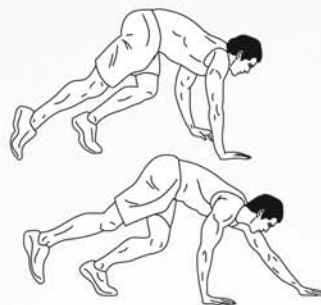
LEVEL II 5 sets

LEVEL III 7 sets

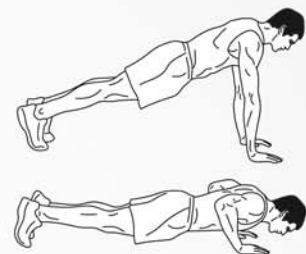
REST up to 2 minutes



10 shoulder taps



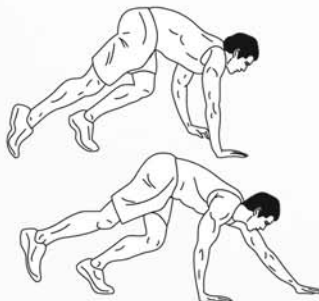
10 bear crawl



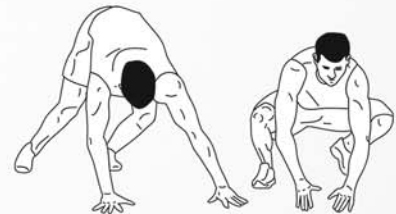
5 push-ups



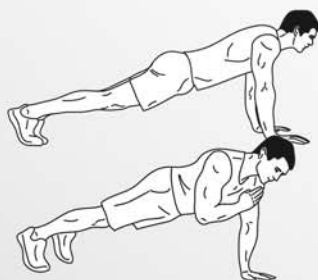
10-count plank



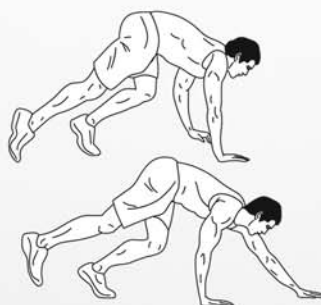
10 bear crawl



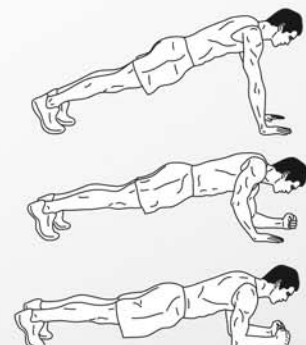
5 ape hops



10 shoulder taps



10 bear crawl



5 up & down planks