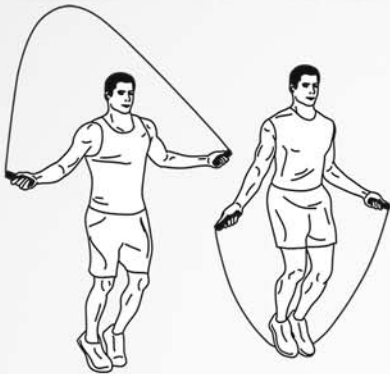


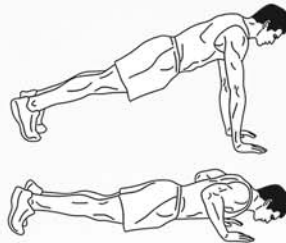
POWER SKIP

DAREBEE WORKOUT @ darebee.com

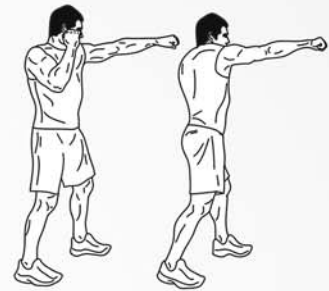
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



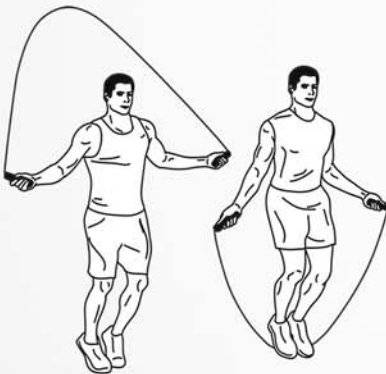
40 jump rope skips



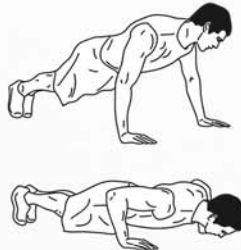
4 classic grip push-ups



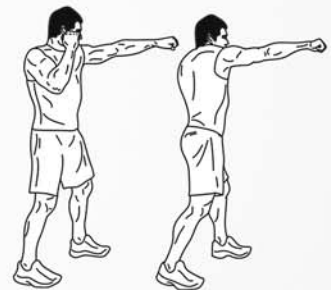
40 punches



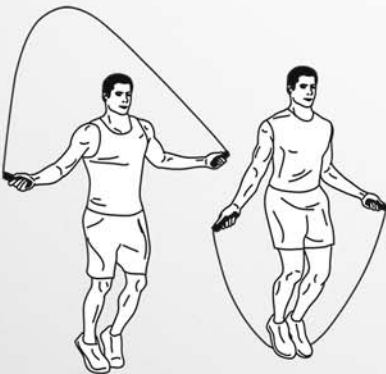
40 jump rope skips



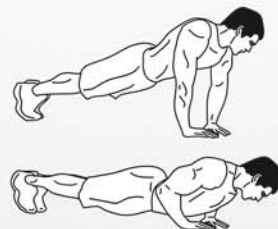
4 wide grip push-ups



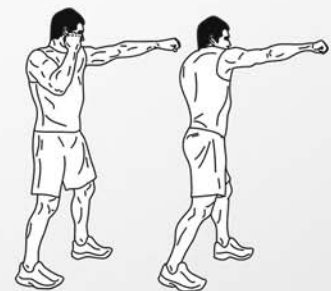
40 punches



40 jump rope skips



4 close grip push-ups



40 punches