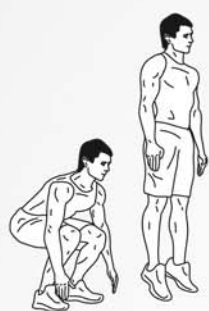


THE PRODIGY

DAREBEE WORKOUT @ darebee.com

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



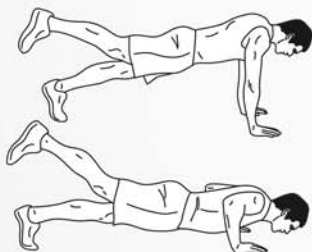
10 jump squats



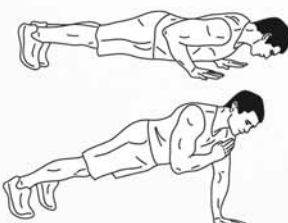
20 turning kicks



20 double turning kicks
low / high



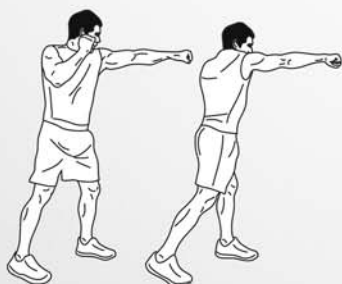
10 raised leg push-ups



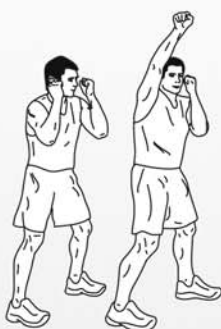
10 shoulder tap push-ups



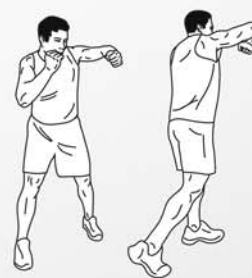
20sec one-arm plank



20 punches



20 overhead punches



20 hooks