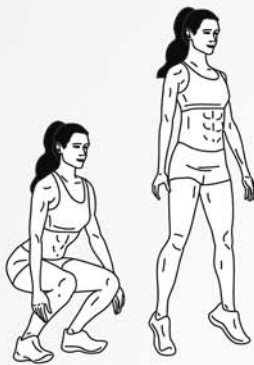


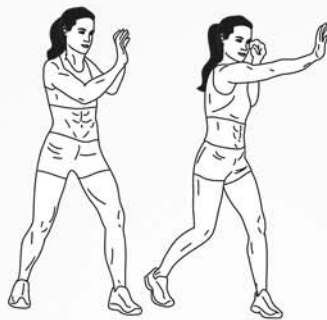
SCORPION

DAREBEE WORKOUT @ darebee.com

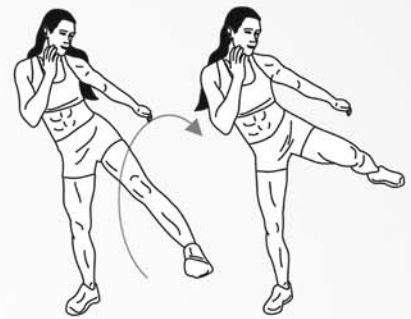
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10 jump squats



20 palm strikes



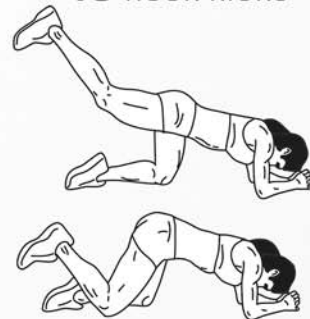
10 hook kicks



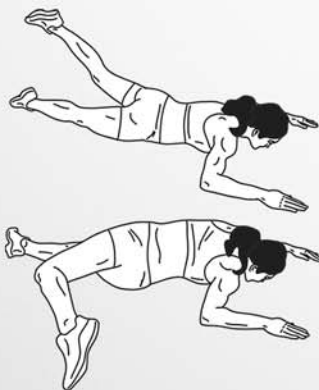
20sec elbow plank



20sec side elbow plank



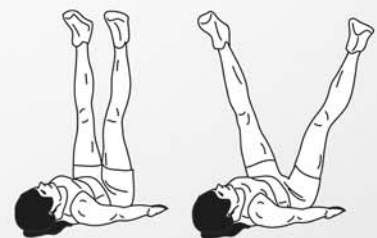
20 leg extensions



10 scorpion twists



20 side leg raises



10 V-extensions