

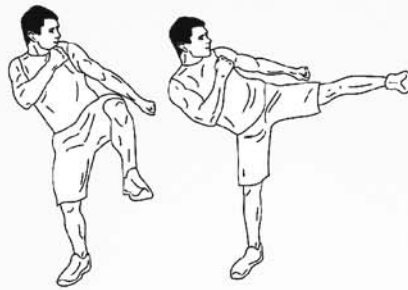
THE SCRAPPER

DAREBEE WORKOUT © darebee.com

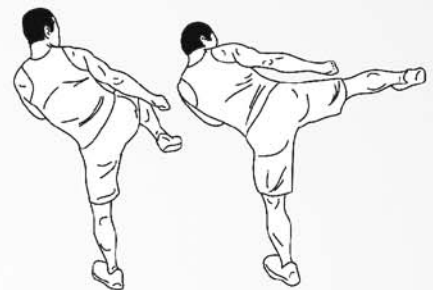
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



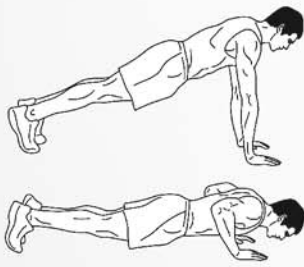
20 squats



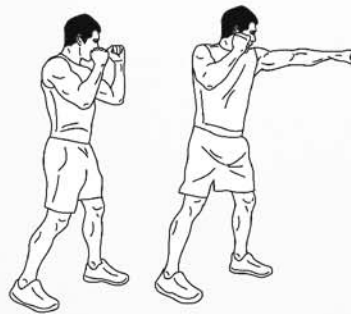
20 side kicks (left leg)



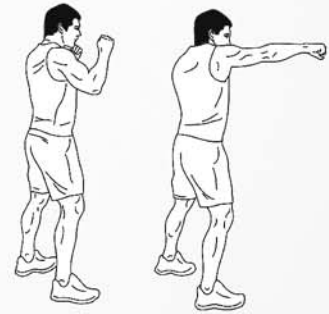
20 side kicks (right leg)



20 push-ups



20 jabs (left arm)



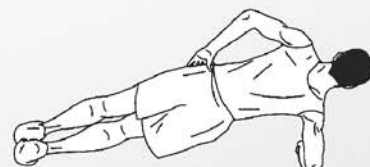
20 jabs (right arm)



20sec elbow plank



20sec side plank (left)



20sec side plank (right)