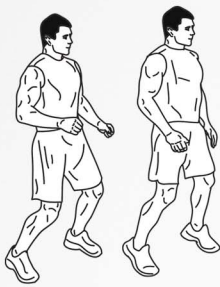


SEF

DAREBEE WORKOUT @ darebee.com

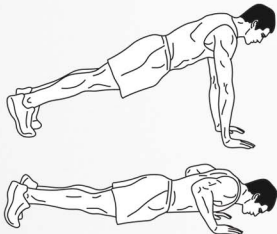
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



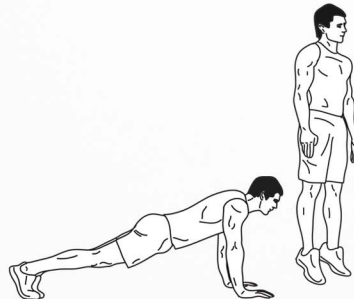
20 bounce



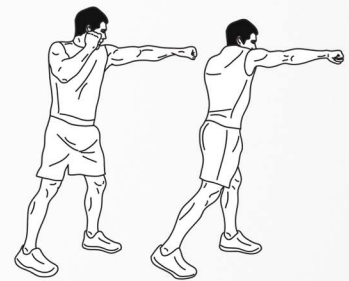
20 combos sprinter lunge + front kick



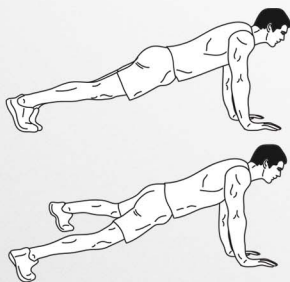
20 push-ups



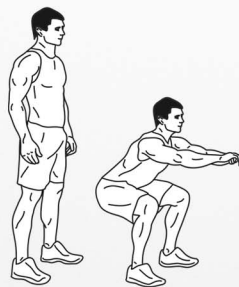
20 basic burpees



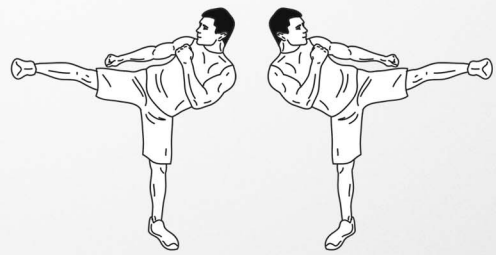
20 jab + cross



20 plank jacks



20 squats



20 side-to-side kicks