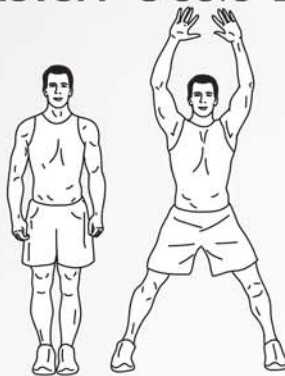


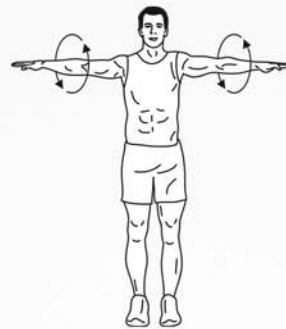
skydiver

DAREBEE **HIT** WORKOUT @ darebee.com

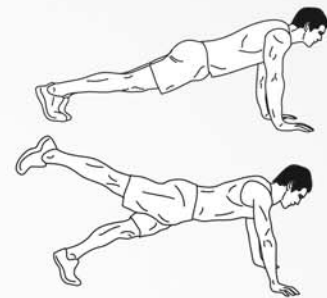
Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



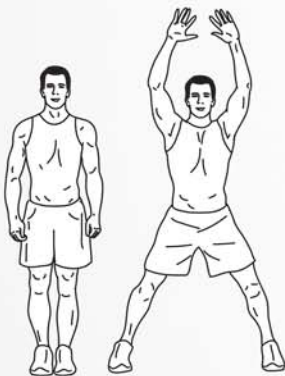
20sec jumping jacks



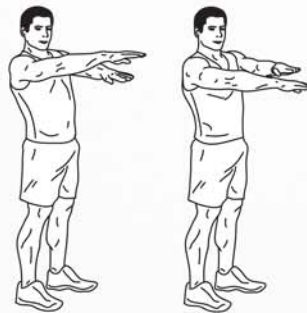
20sec raised arm circles



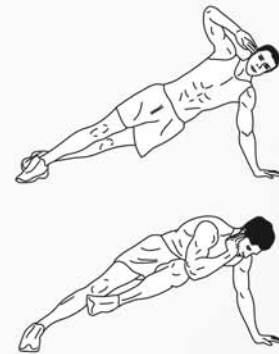
20sec plank leg raises



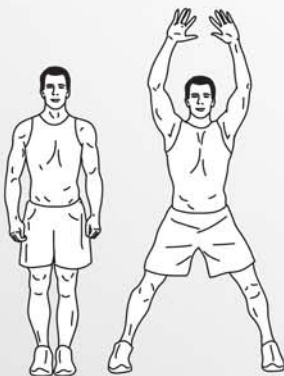
20sec jumping jacks



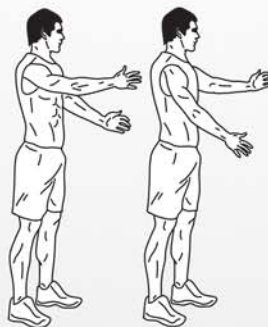
20sec arm scissors



20sec side plank knee-to-elbow



20sec jumping jacks



20sec arm chops



20sec sky diver push-ups