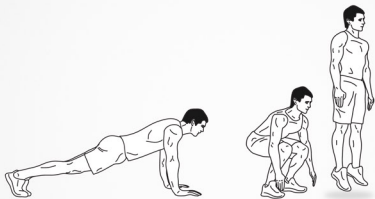


SLINGSHOT

DAREBEE WORKOUT © darebee.com

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



10-count plank hold

2 jump squats

10-count plank hold

2 jump squats

10-count plank hold

2 jump squats

10-count plank hold

2 jump squats