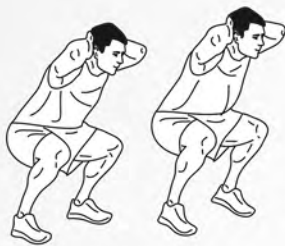


SPRINGBOARD

DAREBEE WORKOUT @ darebee.com

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



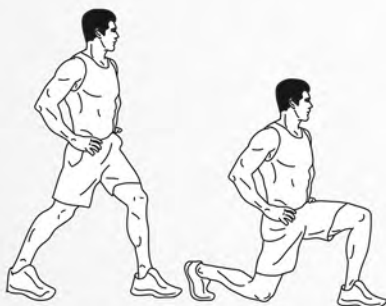
10 squat hops



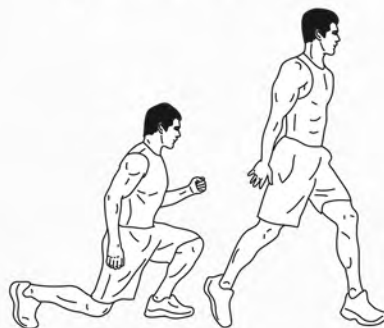
10 jump squats



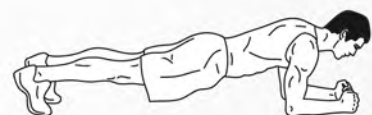
30sec elbow plank



10 split lunges



10 jumping lunges



30sec elbow plank



10 squats



10 jump knee tucks



30sec elbow plank