

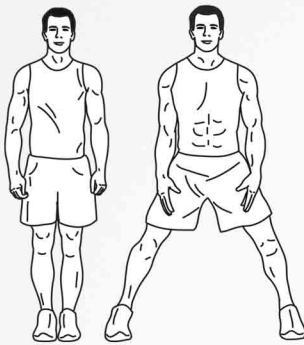
SPY

DAREBEE WORKOUT

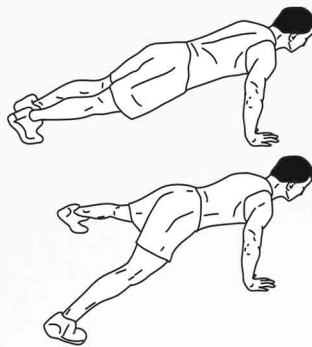
@ darebee.com

LEVEL I 3 sets LEVEL II 5 sets

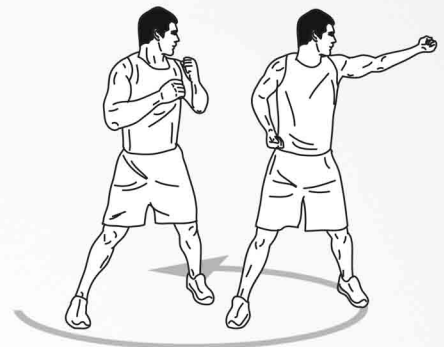
LEVEL III 7 sets REST up to 2 minutes



20 half jacks



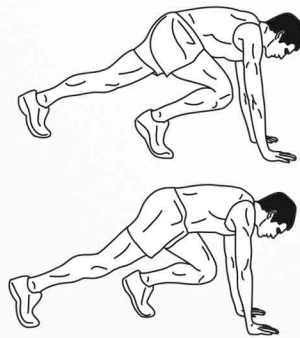
10 plank jacks



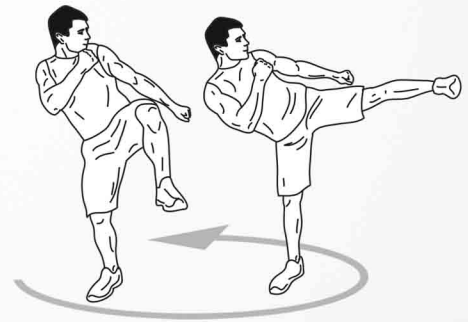
20 bounce + backfist



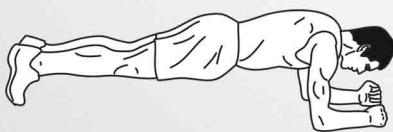
20 high knees



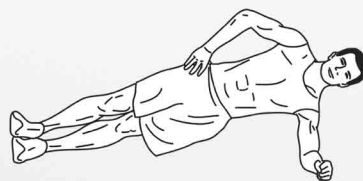
10 climbers



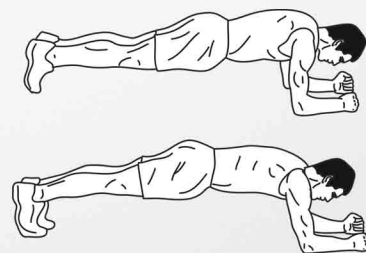
20 bounce + side kick



10-count plank



10-count side plank



10 bodysaw