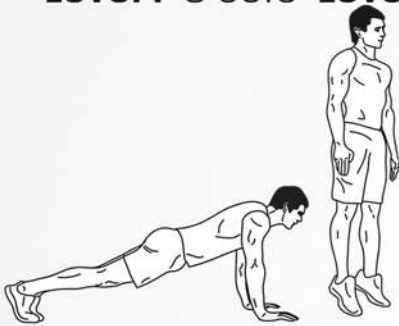


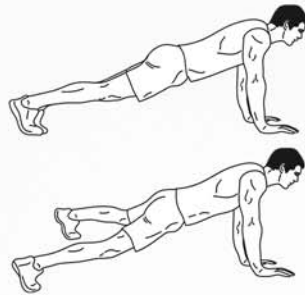
SUPER BURPEE

DAREBEE WORKOUT @ darebee.com

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



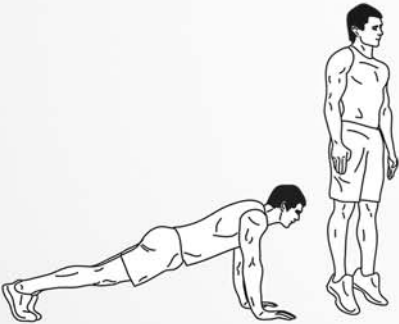
10 basic burpees



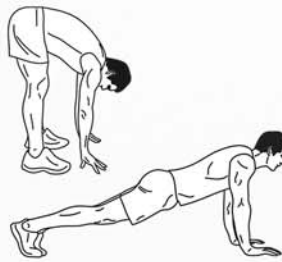
10 plank jacks



10-count plank hold



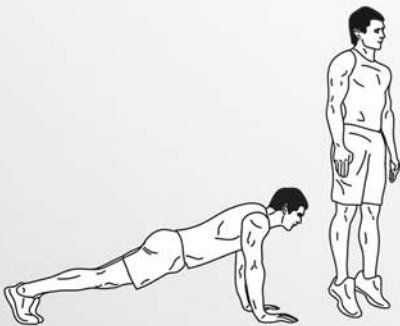
10 basic burpees



10 plank walk-outs



10-count plank hold



10 basic burpees



10 plank rotations



10-count plank hold