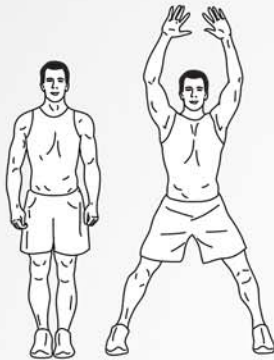


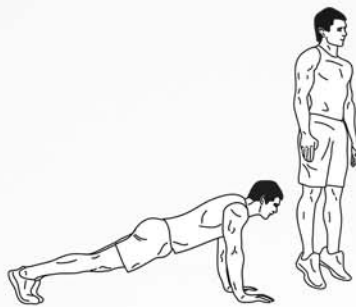
THROWDOWN

DAREBEE WORKOUT @ darebee.com

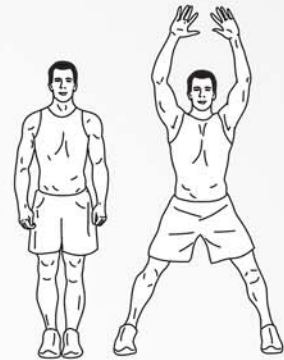
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10 jumping jacks



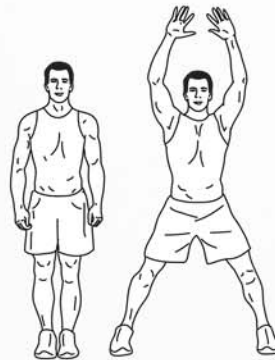
1 basic burpee



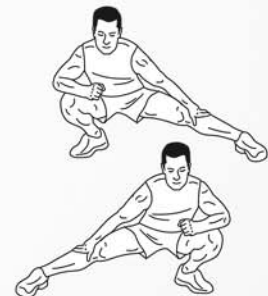
10 jumping jacks



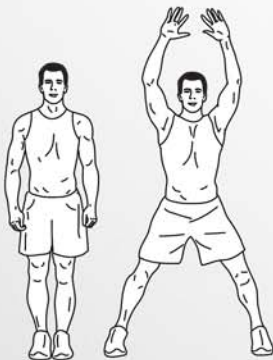
4 side-to-side lunges



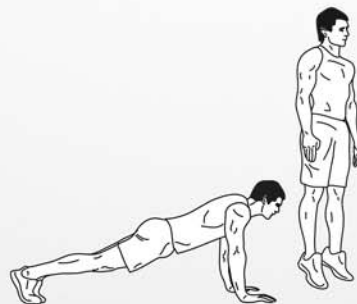
10 jumping jacks



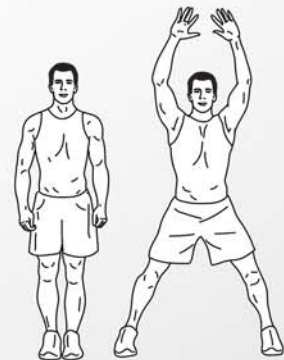
4 side-to-side lunges



10 jumping jacks



1 basic burpee



10 jumping jacks