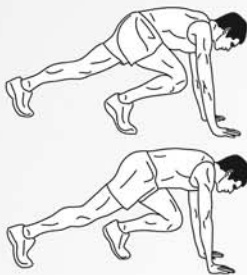


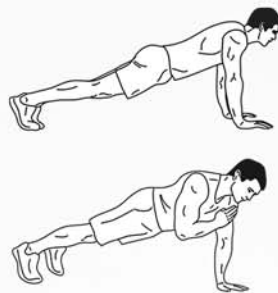
TRACKER

DAREBEE WORKOUT @ darebee.com

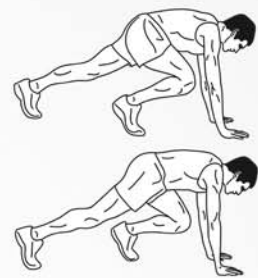
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



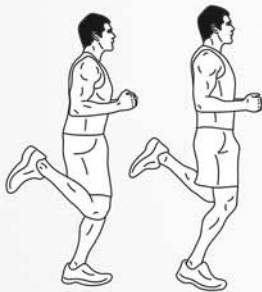
10 climbers



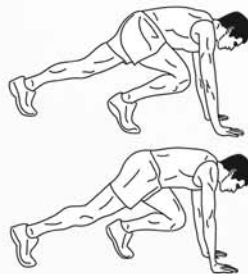
10 shoulder taps



10 climbers



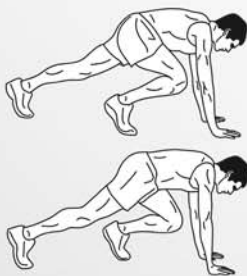
10 butt kicks



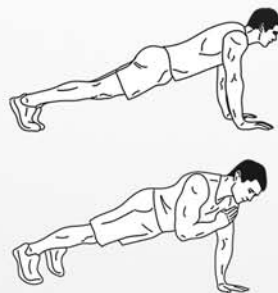
10 climbers



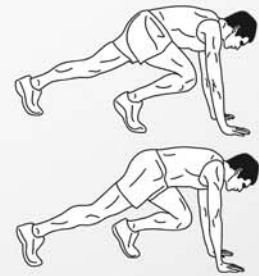
10 butt kicks



10 climbers



10 shoulder taps



10 climbers