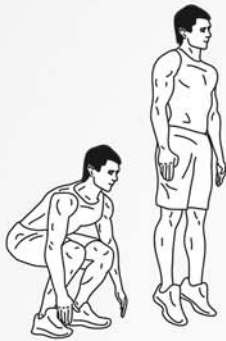


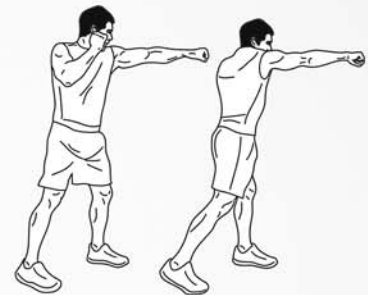
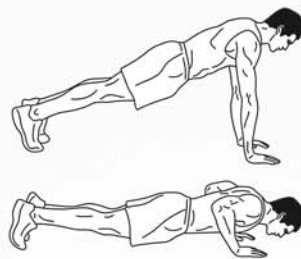
# THE VINDICATOR

DAREBEE WORKOUT @ [darebee.com](http://darebee.com)

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



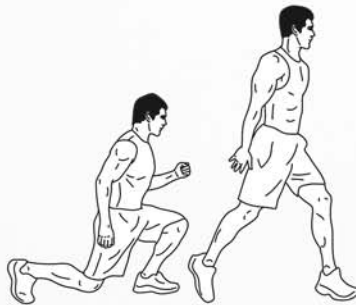
**10** jump squats



**10** combos push-up + jab + cross



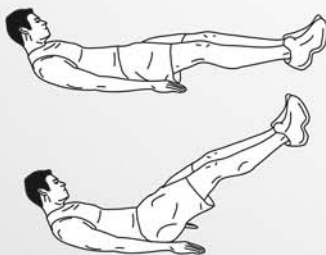
**20** hooks



**10** jumping lunges



**10** shrimp squats



**10** leg raises



**10** raised leg circles



**10-count** raised leg hold