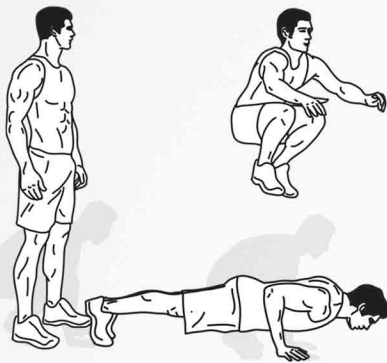


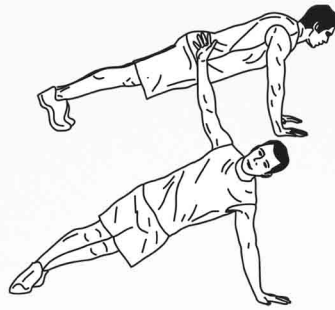
Volleyball Pro

DAREBEE WORKOUT @ darebee.com

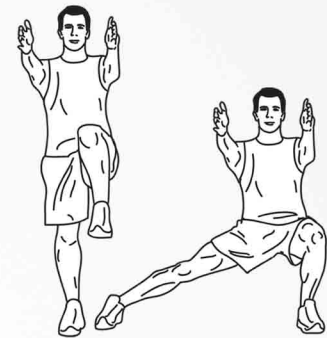
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes
designed in collaboration with **Boston Institute of Jump**



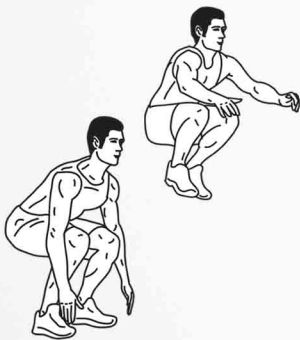
10 burpees



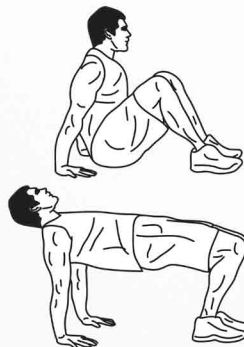
16 side planks



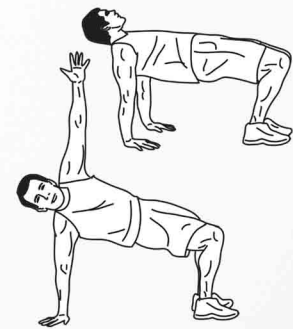
16 lateral lunges



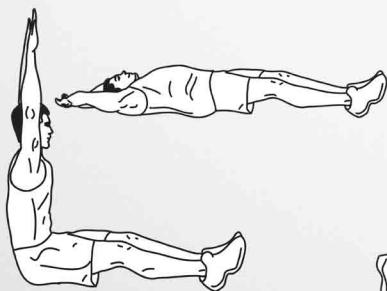
10 vertical hop



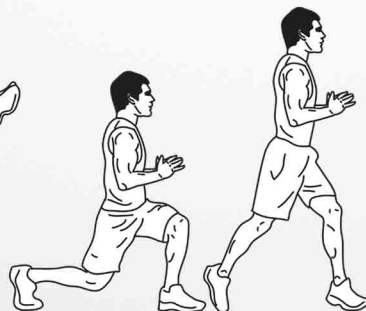
15 table thrusts



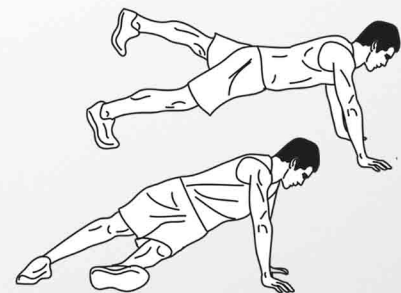
20 side tables



10 L-sit-ups



16 split jumps



16 plank to hip flare