

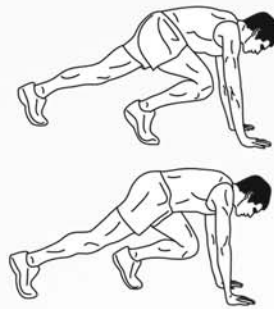
SET TO **STUN**

DAREBEE WORKOUT @ darebee.com

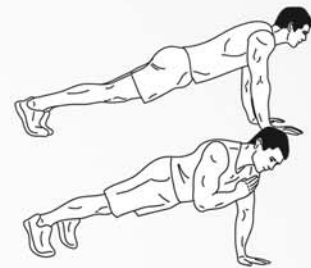
LEVEL I 3 sets **LEVEL II** 5 sets **LEVEL III** 7 sets **REST** up to 2 minutes



20 high knees



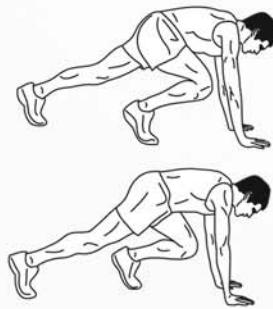
10 climbers



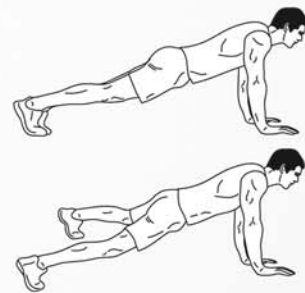
10 shoulder taps



20 high knees



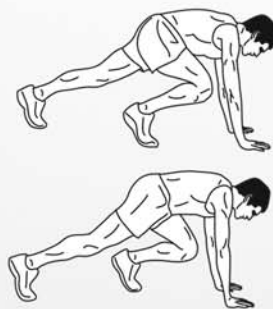
10 climbers



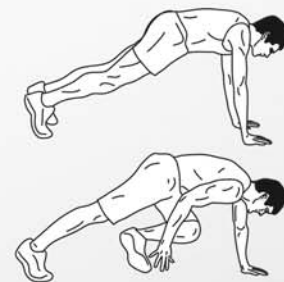
10 plank jacks



20 high knees



10 climbers



10 climber taps