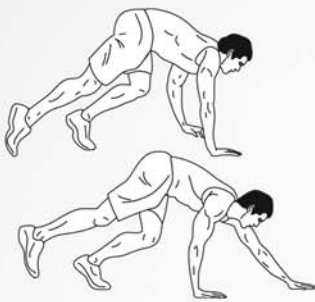


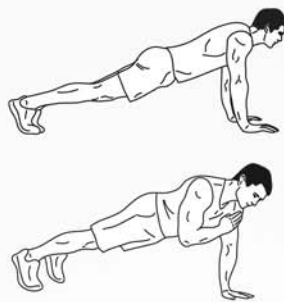
# SHAPE SHIFTER

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

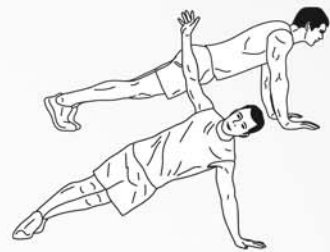
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



**10-count** bear crawl



**10** shoulder taps



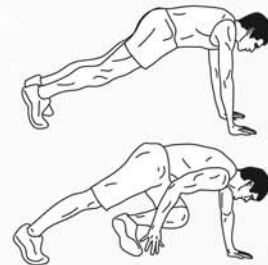
**10** plank rotations



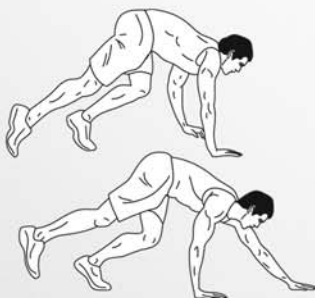
**10-count** bear crawl



**10-count** plank hold



**10** climber taps



**10-count** bear crawl



**10-count** stretch #1



**10-count** stretch #2