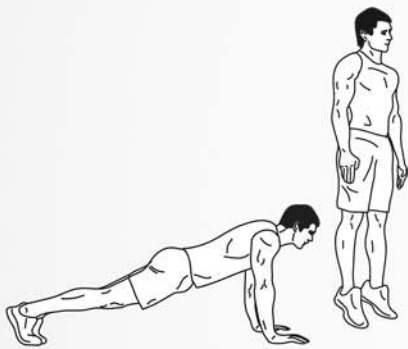


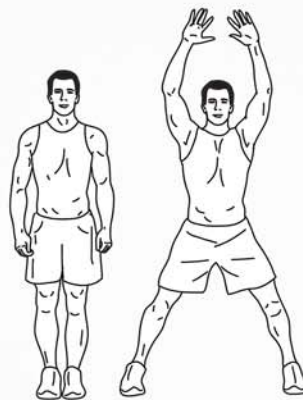
DEADLY 40

DAREBEE WORKOUT @ darebee.com

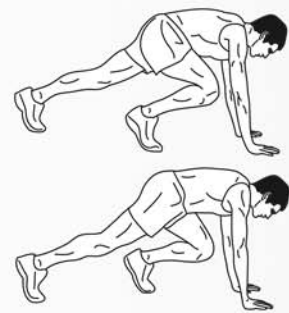
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



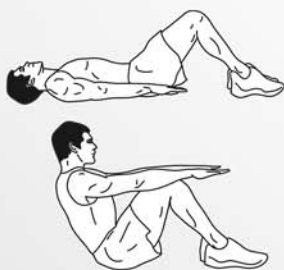
40 basic burpees



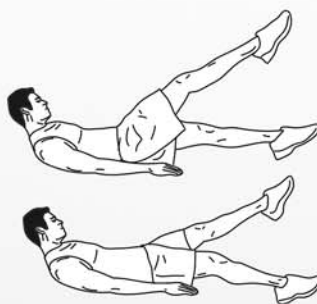
40 jumping jacks



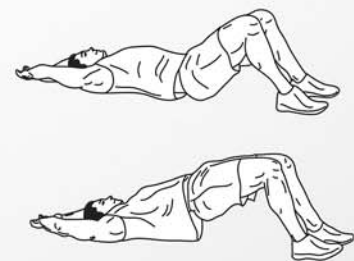
40 climbers



40 sit-ups



40 flutter kicks



40 bridges