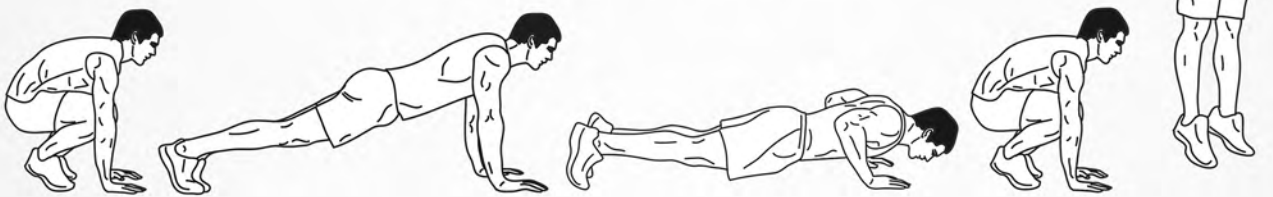


DEATH BY BURPEES

DAREBEE WORKOUT @ darebee.com
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets
2 minutes rest between sets



5 burpees	10-count rest
5 burpees	10-count rest
10 burpees	20-count rest
10 burpees	20-count rest
5 burpees	10-count rest
5 burpees	rest

Hint: 10-count rest means count to ten and resume