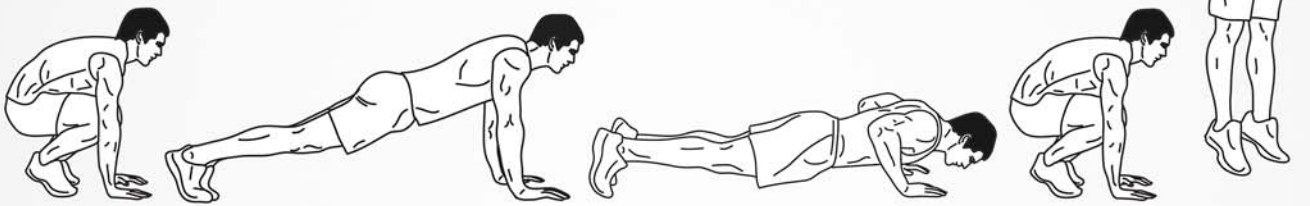


DODGER

WORKOUT by DAREBEE @ darebee.com

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets

REST up to 2 minutes



20sec burpees

10sec push-up plank hold

20sec burpees

10sec push-up plank hold

20sec burpees

10sec push-up plank hold

20sec burpees

10sec push-up plank hold

done