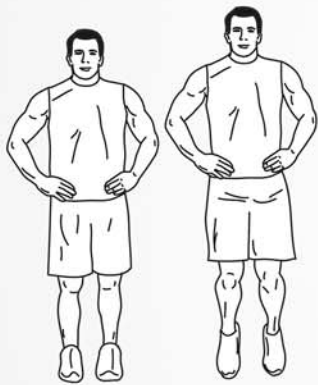


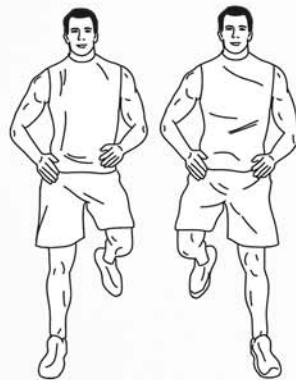
EASTER SPECIAL

DAREBEE WORKOUT @ darebee.com

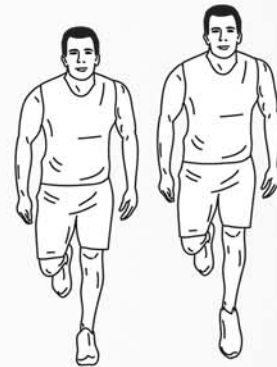
Repeat 5 times in total 2 minutes rest between sets



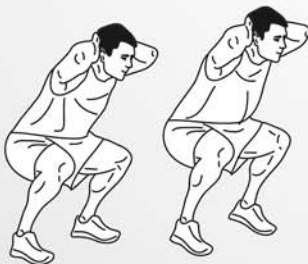
10 hops on the spot



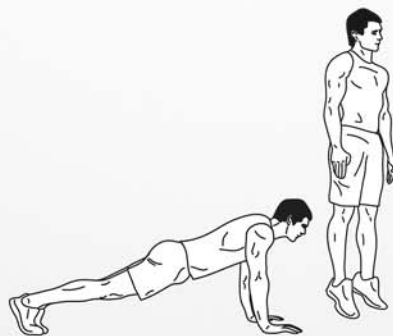
10 hops side-to-side



10 single leg hops



10 squat hops



10 b/burpees with jump



10 jump squats