

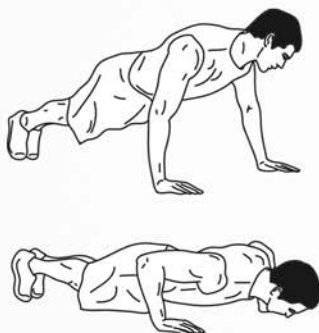
EXTRA DIRTY 30

DAREBEE WORKOUT @ darebee.com

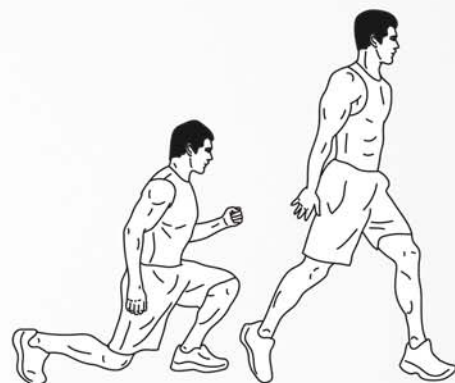
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



30 jump squats



30 wide grip push-ups



30 jumping lunges



30 knee to elbow crunches



30 V-ups



30 climber taps

