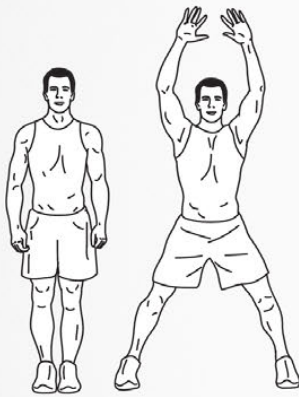


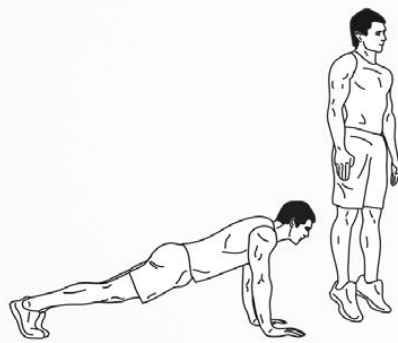
THE THINGS I DO FOR EXTRA POINTS

DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



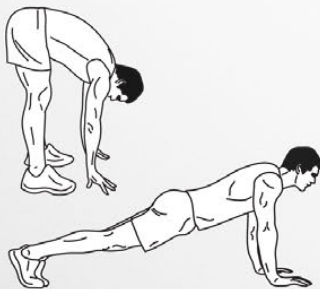
10 jumping jacks



5 basic burpees



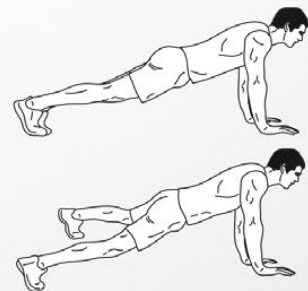
10-count plank hold



5 plank walk-outs



10 shoulder taps



5 plank jacks