

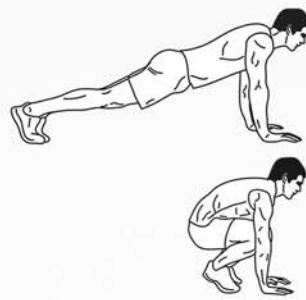
# EXTRACTOR

DAREBEE WORKOUT @ [darebee.com](https://darebee.com)

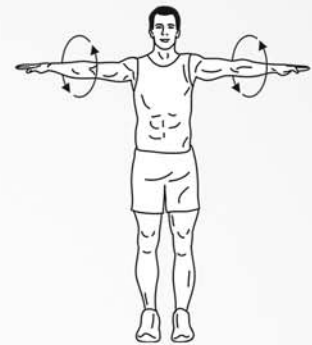
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



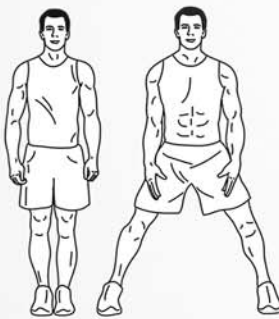
**20** high knees



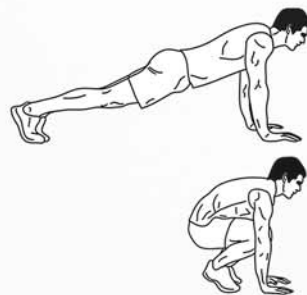
**2** plank jump-ins



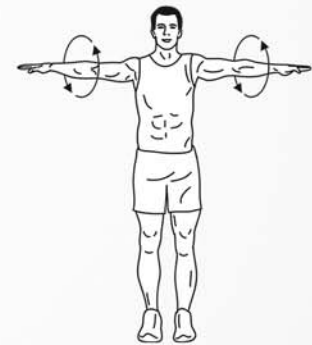
**20** arm circles



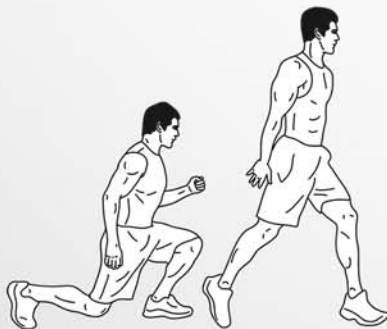
**20** half jacks



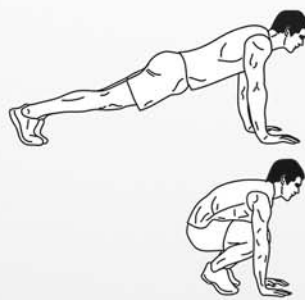
**2** plank jump-ins



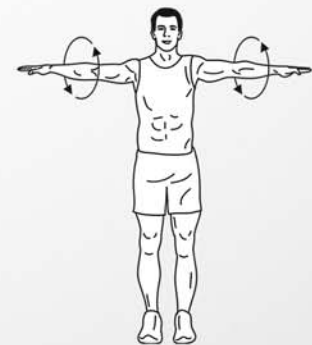
**20** arm circles



**2** jumping lunges



**2** plank jump-ins



**20** arm circles