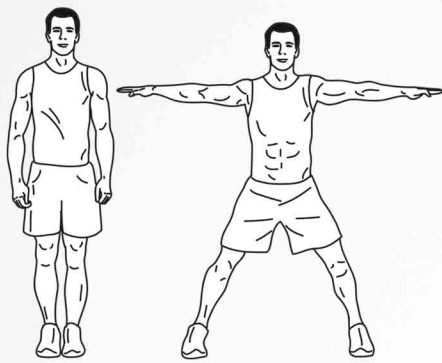


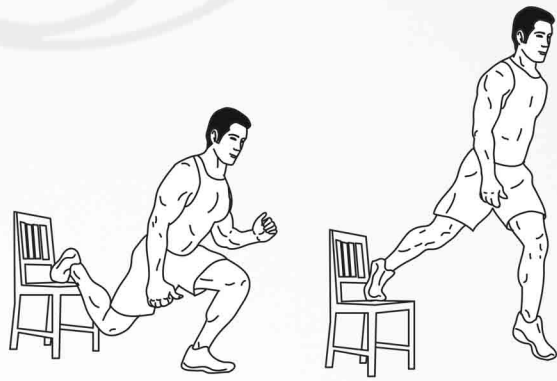
# FOOTBALLER

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

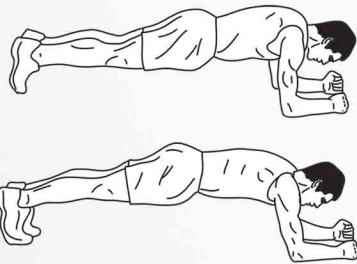
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



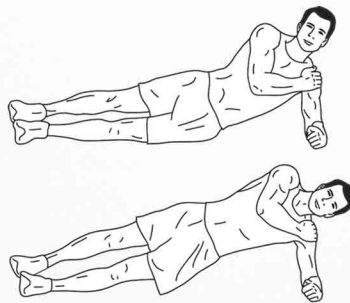
**20** jumping Ts



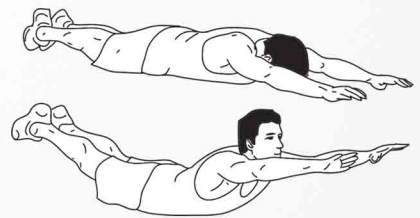
**10** split squats



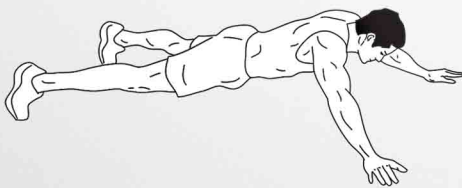
**10** body saw



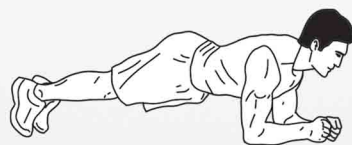
**20** side planks



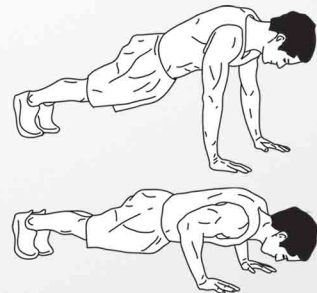
**10** supermen



**10sec** star plank



**20sec** elbow plank



**10** push-ups