

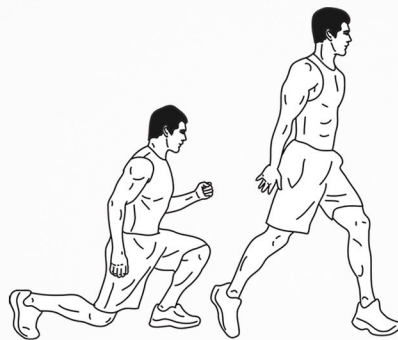
GERONIMO!

DAREBEE WORKOUT @ darebee.com

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



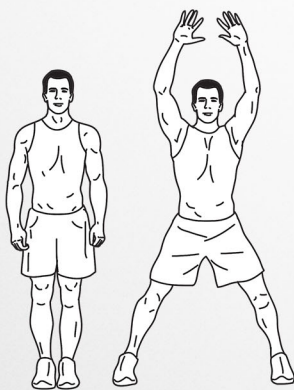
20 high knees



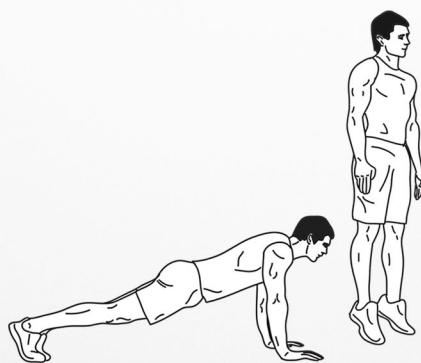
2 jumping lunges



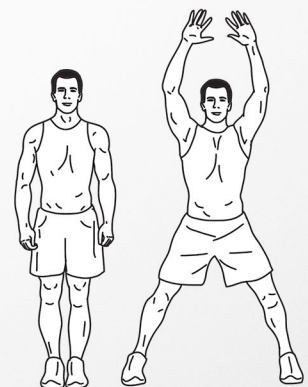
20 high knees



10 jumping jacks



one basic burpee with a jump



10 jumping jacks