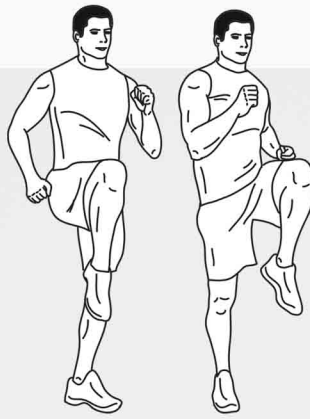


WHAT'S YOUR CODE?

GODMODE

Y, A, Y, A, X, X, B, X, B, X, Y, Y, A, A, B, X

DAREBEE
WORKOUT
darebee.com

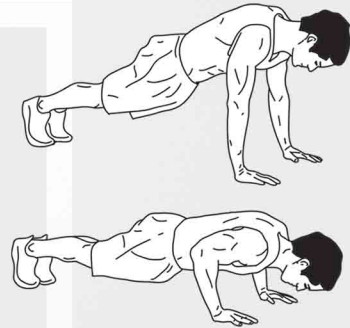


Y
high
knees

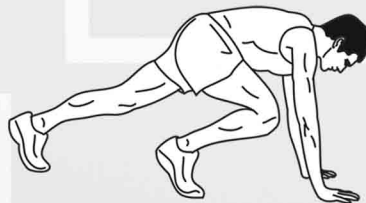
LEVEL I 10 reps
LEVEL II 20 reps
LEVEL III 30 reps



squats X



push-ups B



A
climbers