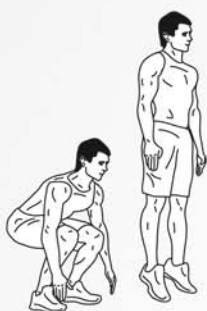


-THE- GREAT HUNT

DAREBEE WORKOUT @ darebee.com

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



10 jump squats



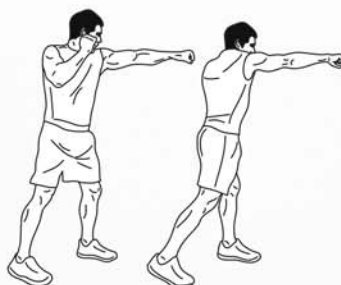
5-count squat hold



10 jump squats



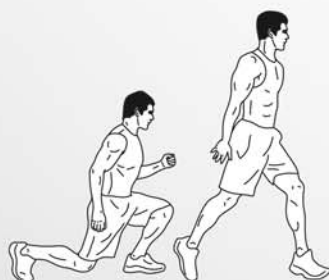
5-count push-up plank hold



20 punches



5-count push-up plank hold



10 jumping lunges



20 shoulder taps



10 jumping lunges