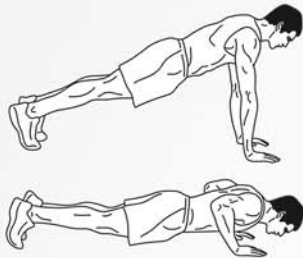


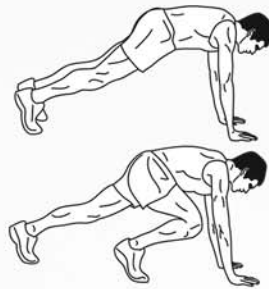
GROUNDER

DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



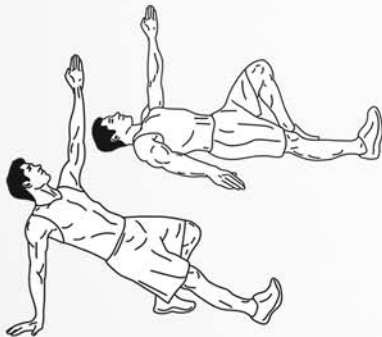
2 push-ups



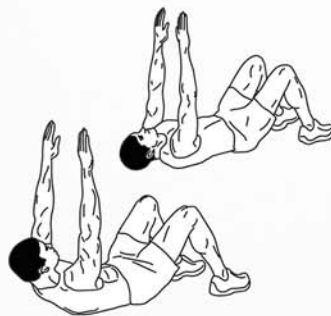
10 slow climbers



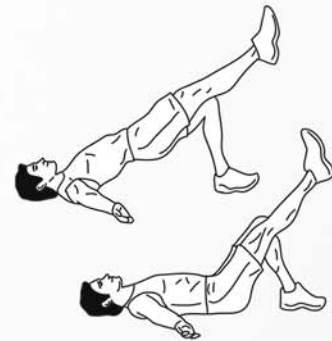
2 plank walk-outs



10 get-ups



10 high crunches



10 single leg bridges



10 sit-up punches



10 sitting punches



10 crunch kicks