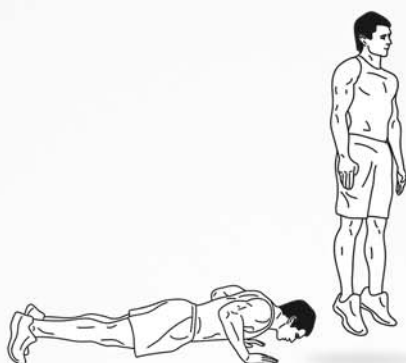


HIGHSPOT

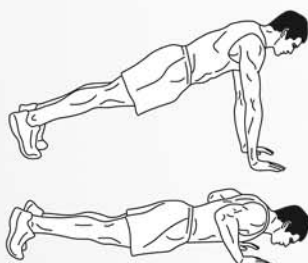
DAREBEE WORKOUT @ darebee.com

Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



60 seconds
high knees

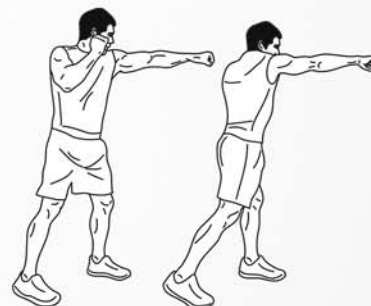
Do 1 burpees
every 15 seconds



20sec push-ups



20sec plank rotations



20sec punches



20sec sit-ups



20sec sitting twists



20sec raised leg hold