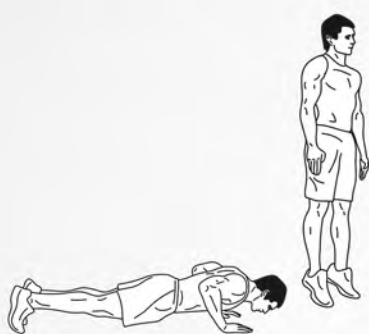


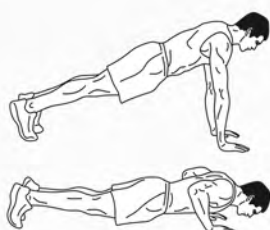
INQUISITOR

DAREBEE WORKOUT @ darebee.com

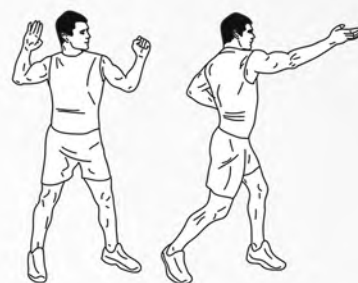
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10 burpees



10 push-ups



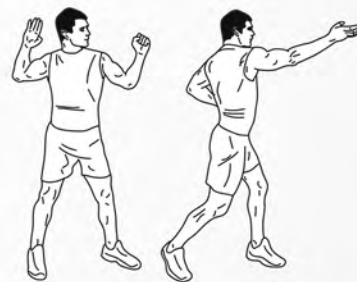
20 knife hand strikes



10-count squat hold



10 jump squats



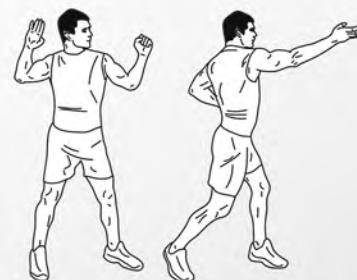
20 knife hand strikes



10 high knees



10 knee strikes



20 knife hand strikes