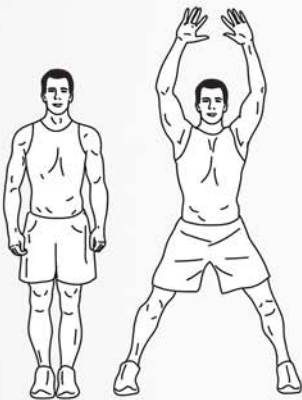


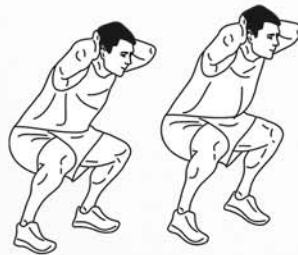
The Leap

DAREBEE WORKOUT @ darebee.com

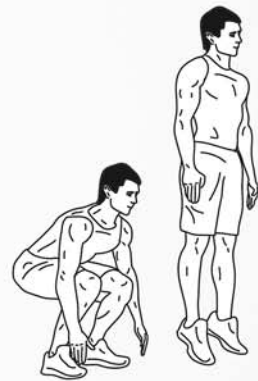
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



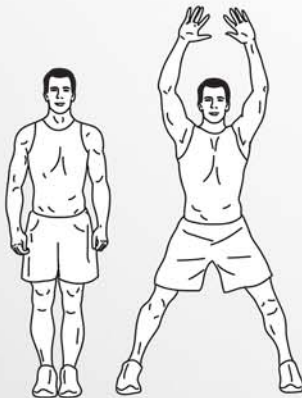
20 jumping jacks



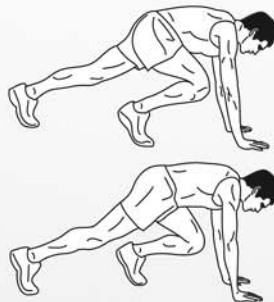
20 squat hops



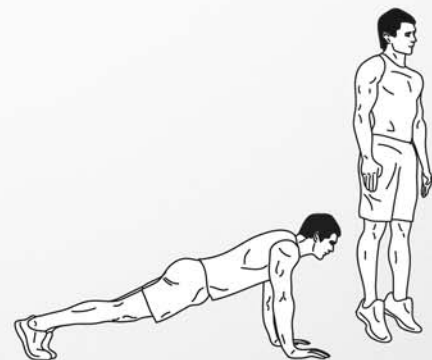
5 jump squats



20 jumping jacks



20 climbers



5 basic burpees w/jump