

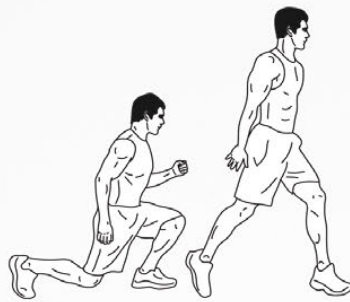
LORD GRIM

DAREBEE WORKOUT @ darebee.com

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



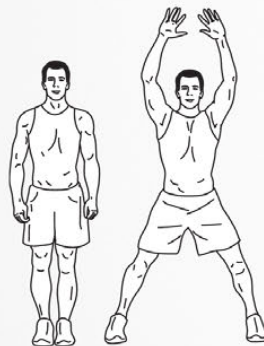
20 high knees



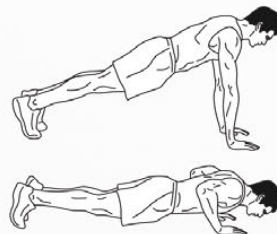
6 jumping lunges



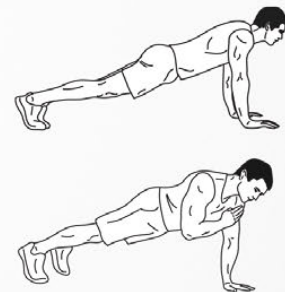
6 side-to-side lunges



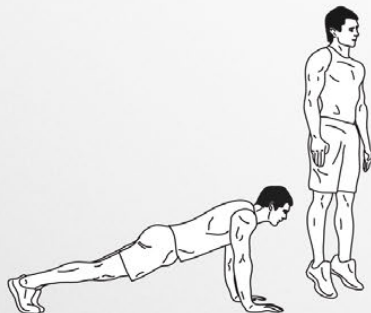
20 jumping jacks



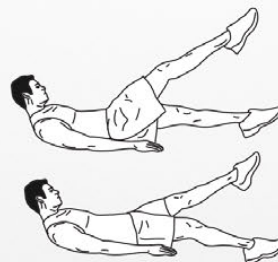
6 push-ups



20 shoulder taps



6 basic burpees



20 flutter kicks



20 heel taps