

mama

BEAR

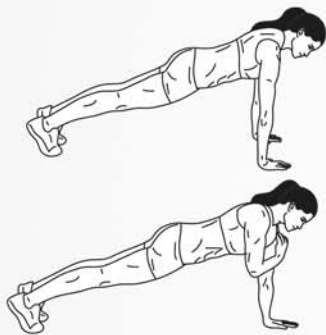
DAREBEE
WORKOUT
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Level I 3 sets

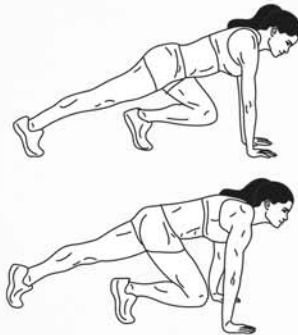
Level II 5 sets

Level III 7 sets

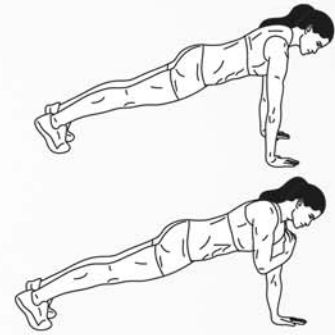
2 minutes rest



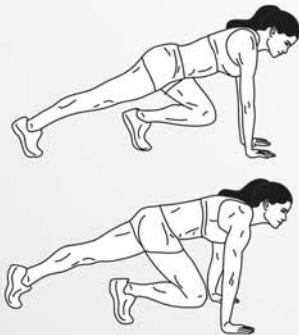
20 shoulder taps



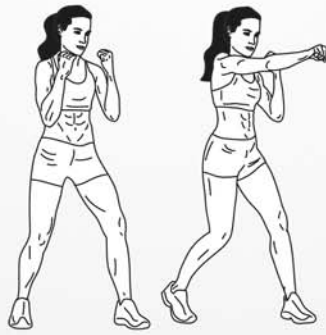
20 climbers



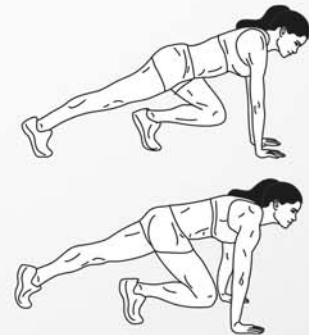
20 shoulder taps



20 climbers



20 punches



20 climbers