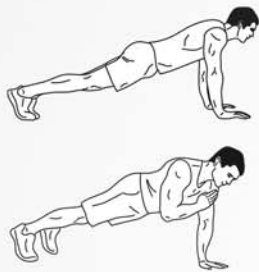


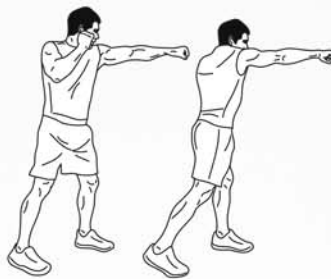
MEDIATOR

DAREBEE WORKOUT © darebee.com

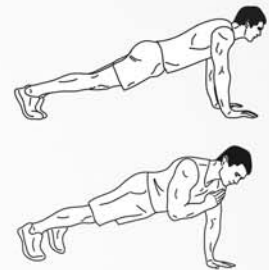
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



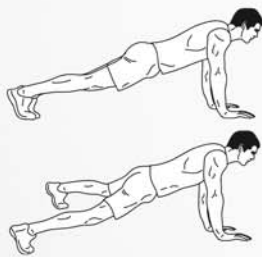
20 shoulder taps



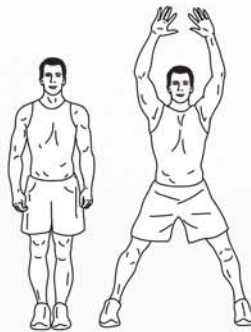
20 punches



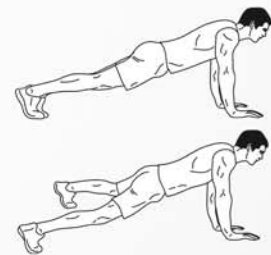
20 shoulder taps



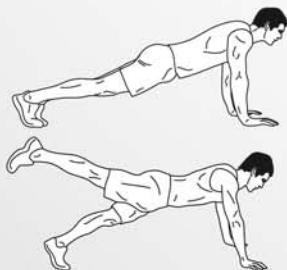
5 plank jacks



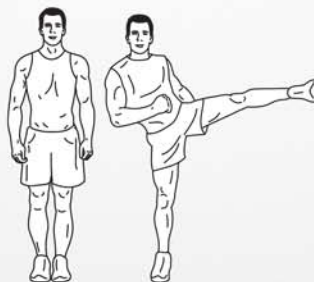
20 jumping jacks



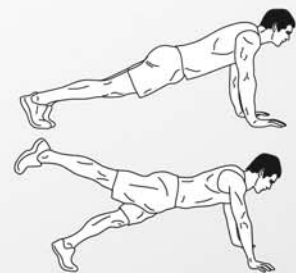
5 plank jacks



20 plank leg raises



20 side leg raises



20 plank leg raises