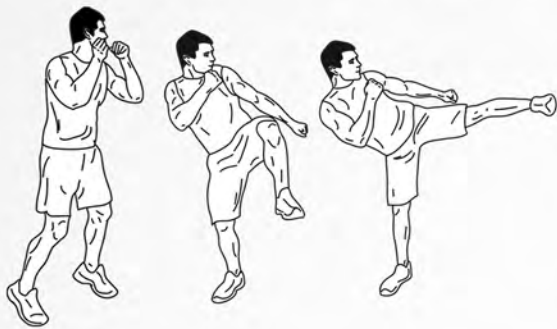


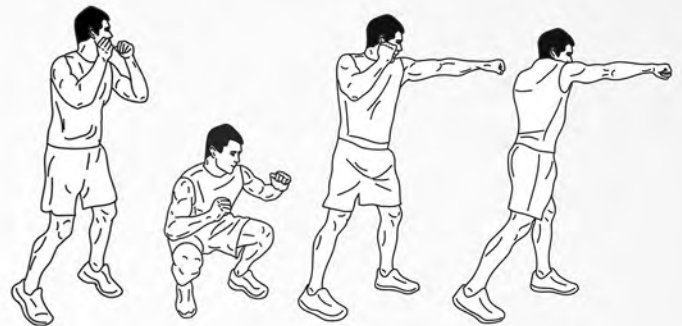
MUTINY

DAREBEE WORKOUT @ darebee.com

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



20 bounce, bounce + side kick



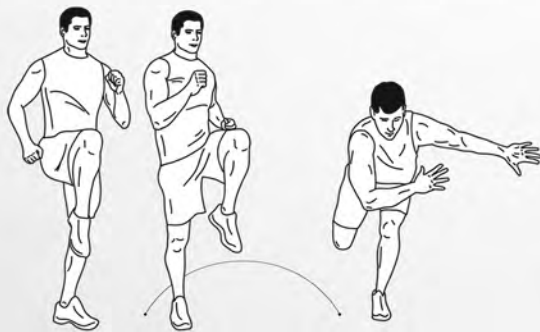
20 bounce, bounce + squat + jab + cross



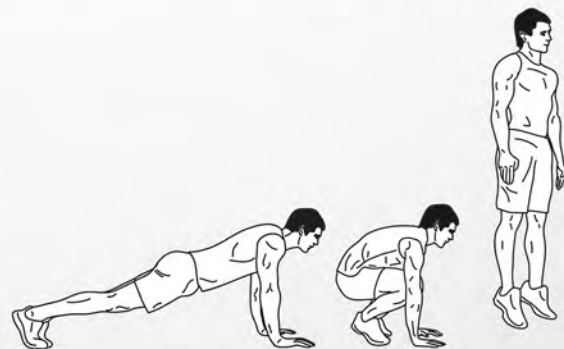
4 combos: 10 high knees + **1** jump to the side



4 combos: 1 ape hop + **1** plank walk-out



4 combos: 10 high knees + **1** jump to the side



4 basic burpees with a jump