

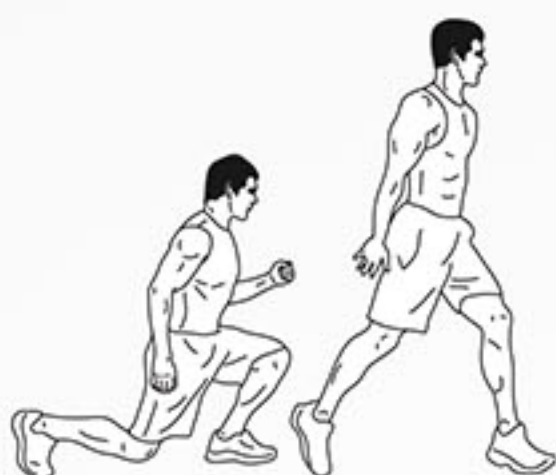
OVERACHIEVER

DAREBEE WORKOUT @ darebee.com

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



30 high knees



2 jumping lunges



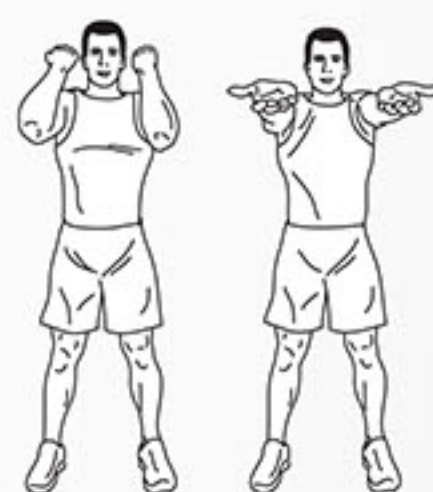
30 high knees



30 bicep extensions



30 high knees



30 bicep extensions



30 high knees