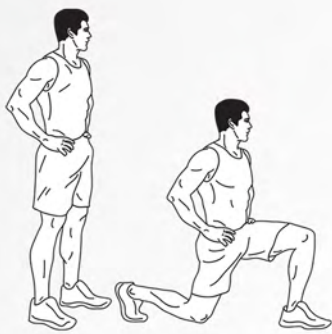


basics

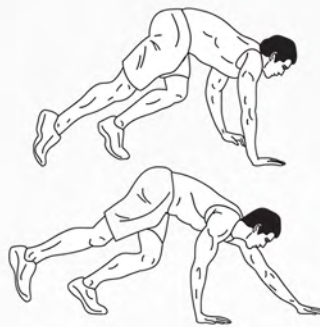
parkour

DAREBEE WORKOUT @ darebee.com

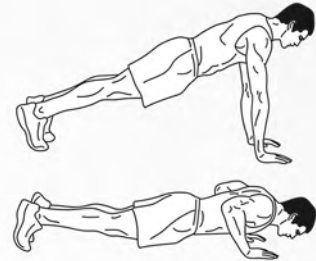
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10 lunges



10-count bear crawl



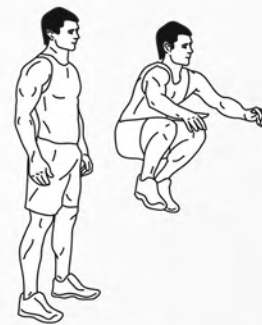
10 push-ups



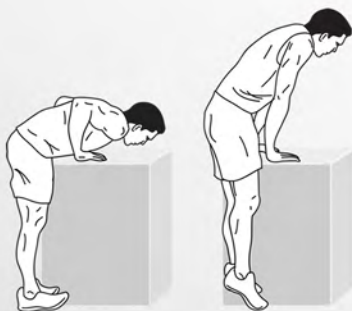
10 broad jumps



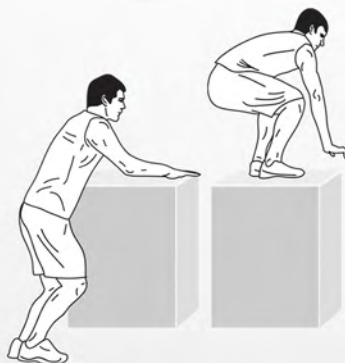
10 squats



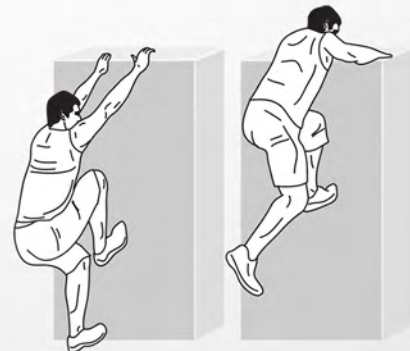
4 jump knee-tucks



10 wall dips



4 plant plyos



4 wall climbers