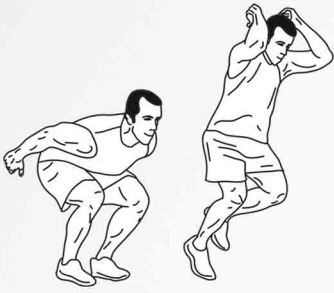


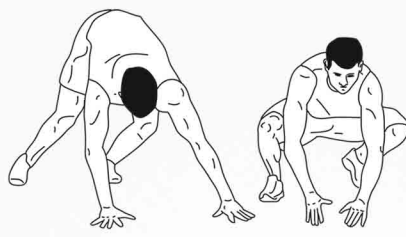
PRIMAL

DAREBEE WORKOUT @ darebee.com

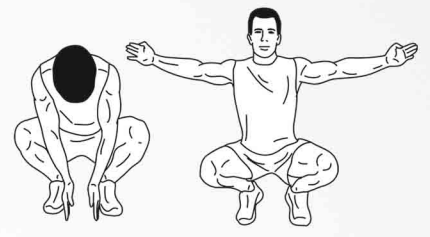
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



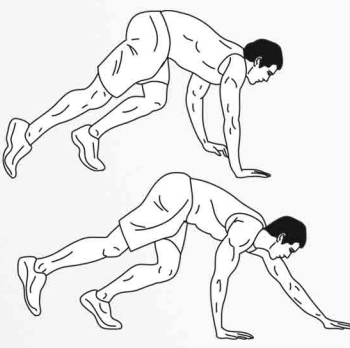
20 hops



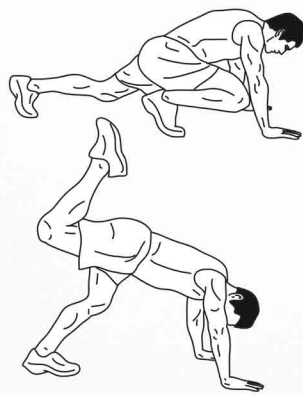
20 side-to-side hops



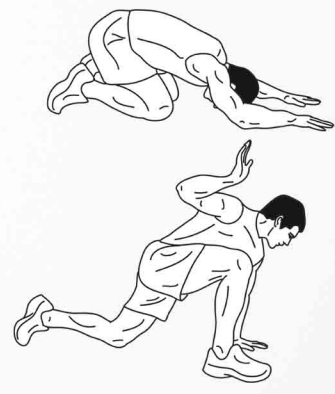
20 ape reaches



10 bear crawl



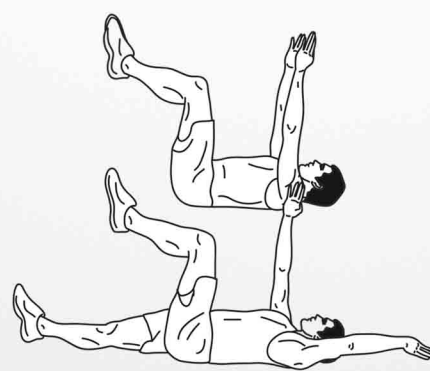
10 scorpion reaches



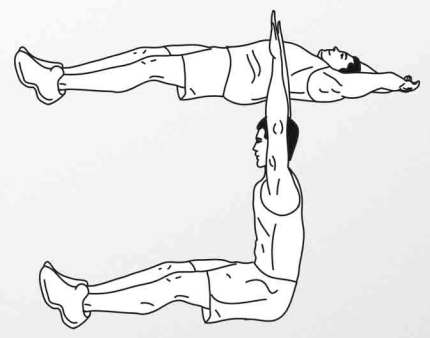
10 front steps



10 sit-outs



10 dead bugs



10 L-situps