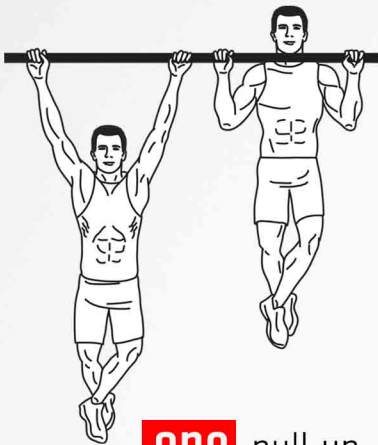


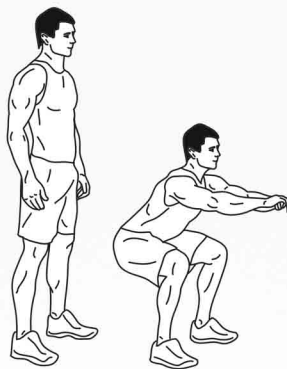
PRIMER

DAREBEE WORKOUT @ darebee.com

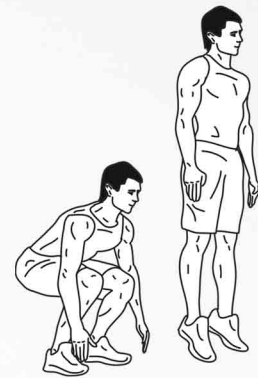
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



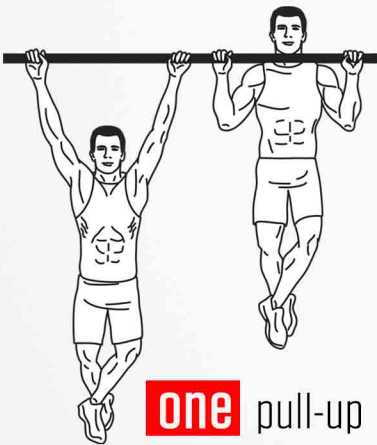
one pull-up



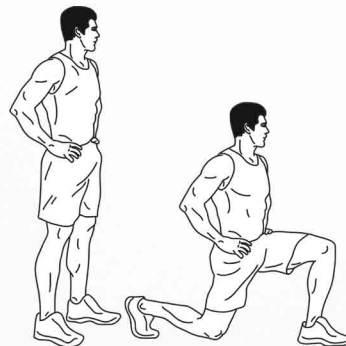
10 squats



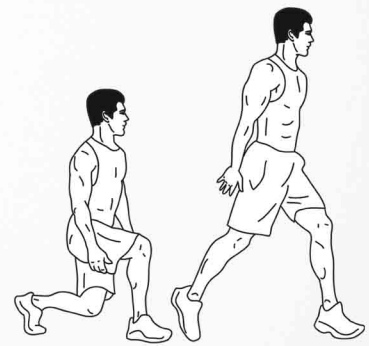
10 jumping squats



one pull-up



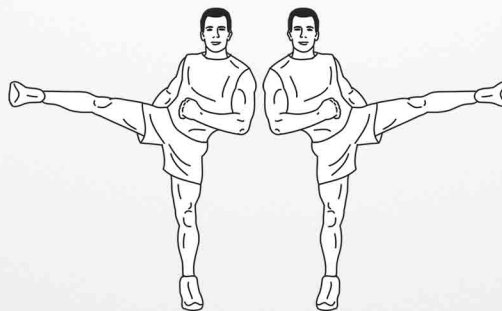
10 lunges



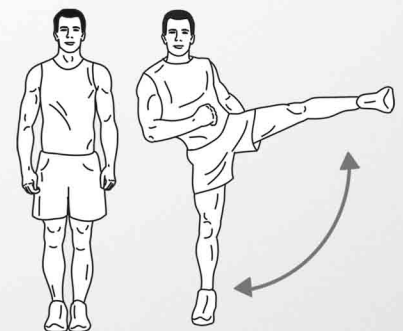
10 jumping lunges



one pull-up



10 side-to-side leg raises



10 leg swings