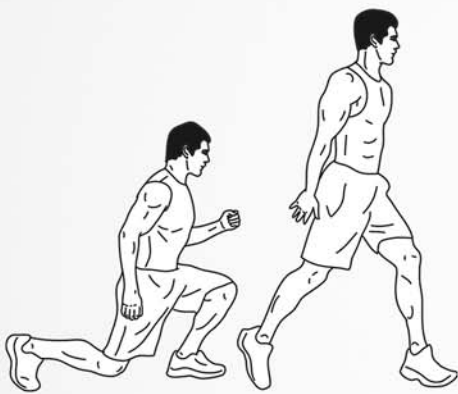


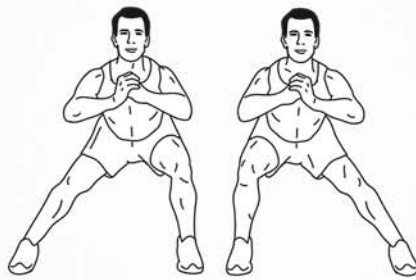
QUAD MOD

DAREBEE QUAD WORKOUT @ darebee.com

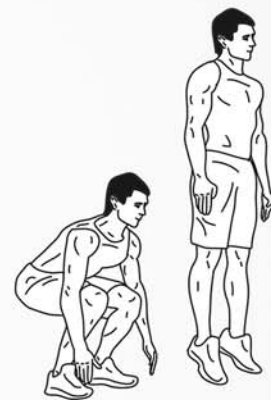
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



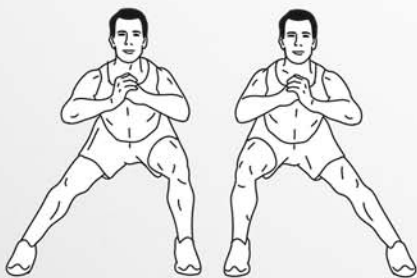
20 jumping lunges



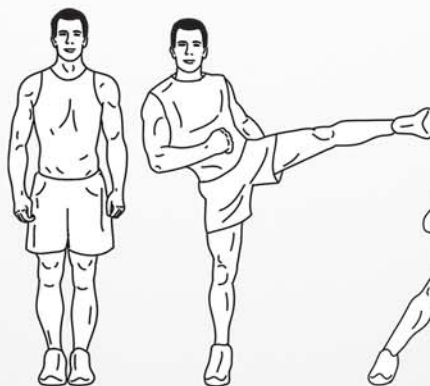
10 side-to-side lunges



20 jump squats



10 side-to-side lunges



20 side leg raises



10 side-to-side lunges