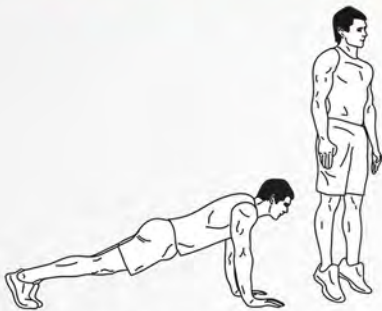


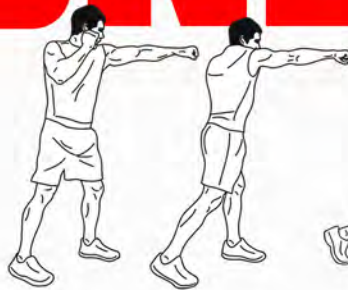
READY PLAYER ONE

DAREBEE WORKOUT
© darebee.com

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



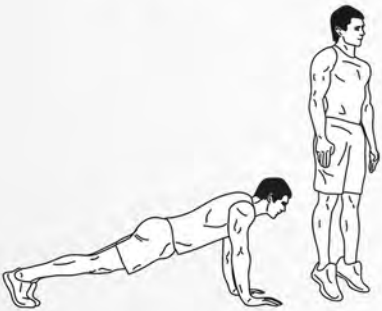
2 basic burpees



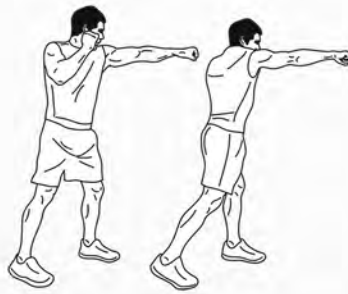
20 punches



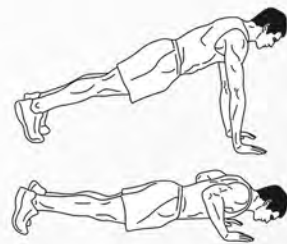
10 climbers



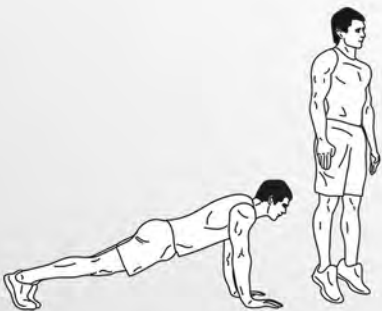
2 basic burpees



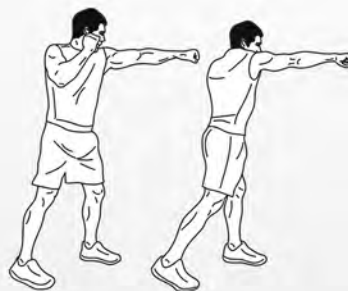
20 punches



2 push-ups



2 basic burpees



20 punches



20 high knees (sprint!)