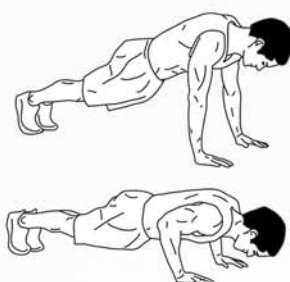


REBOUND

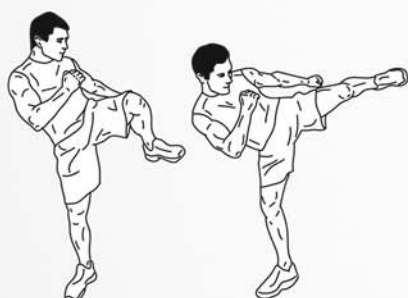
DAREBEE WORKOUT @ darebee.com

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



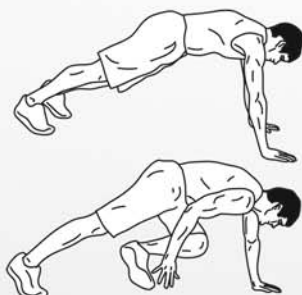
10combos hook / left & right + push-up

10 hooks



10combos hook kick + squat

10 hook kicks



10combos plank rotations + climber taps

10 plank rotations