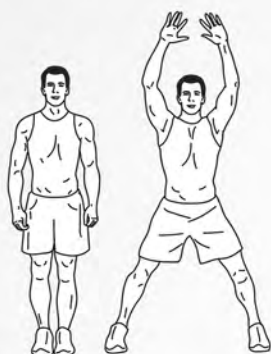


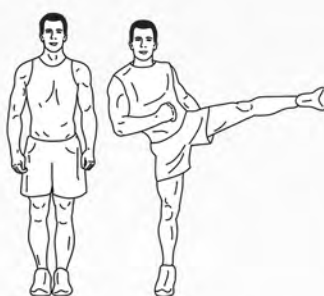
RECTIFIER

DAREBEE **HIT** WORKOUT © darebee.com

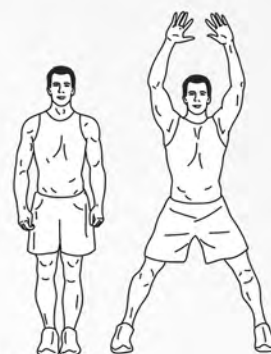
Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



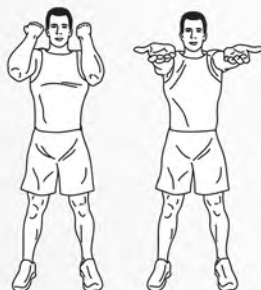
20sec jumping jacks



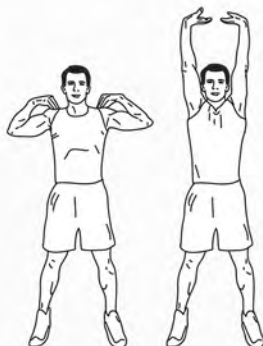
20sec side leg raises



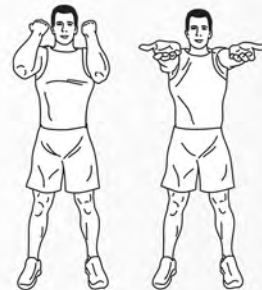
20sec jumping jacks



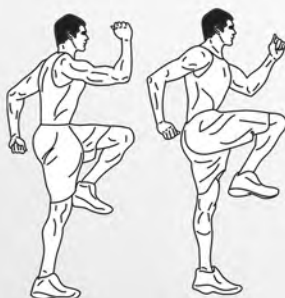
20sec bicep extensions



20sec standing shoulder taps



20sec bicep extensions



20sec march steps



20sec reverse lunges



20sec march steps