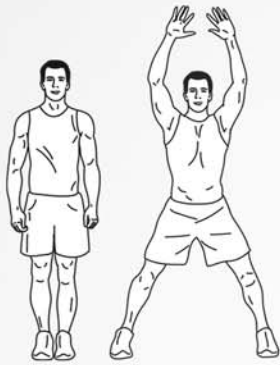


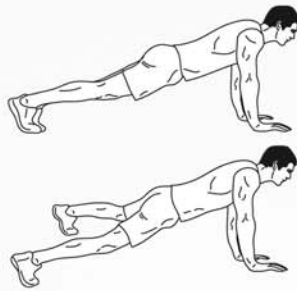
THE ROASTER

DAREBEE WORKOUT @ darebee.com

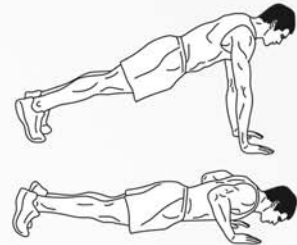
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



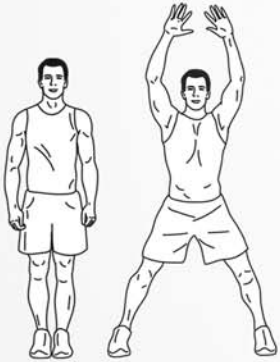
10 jumping jacks



one plank jack



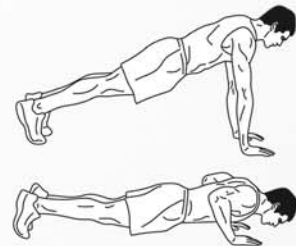
one push-up



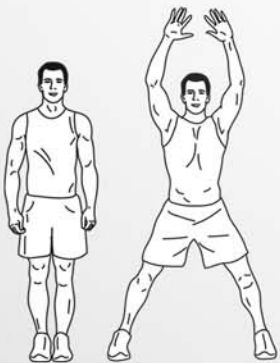
10 jumping jacks



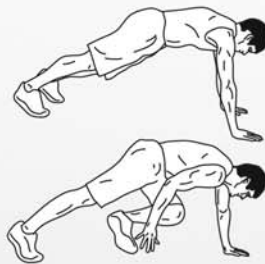
one jump squat



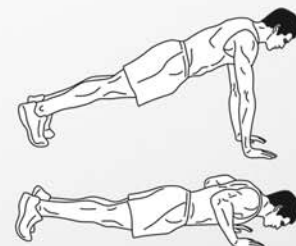
one push-up



10 jumping jacks



two climber taps



one push-up