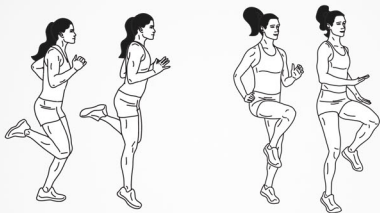


SHREDDER

DAREBEE **HIT** WORKOUT © darebee.com

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



10sec butt kicks

10sec high knees

10sec butt kicks

10sec high knees

10sec butt kicks

10sec high knees