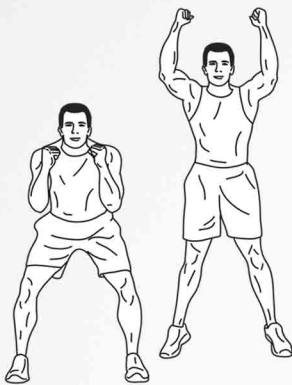


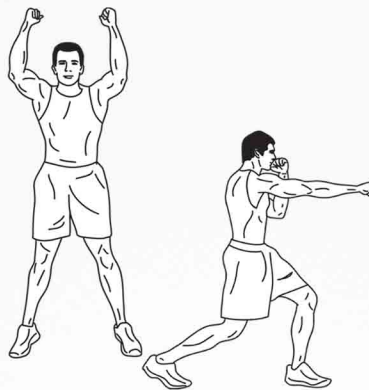
SMASH

DAREBEE WORKOUT @ darebee.com

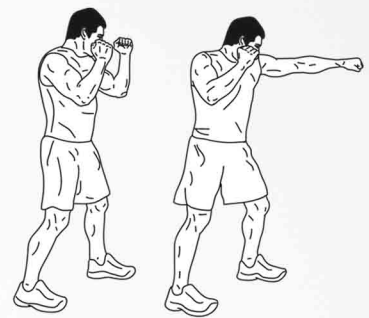
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



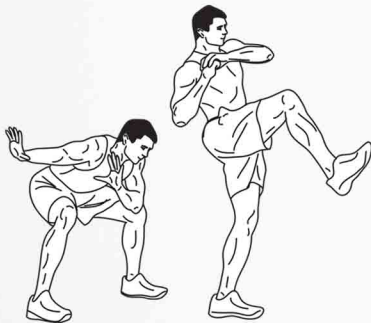
20 jumps



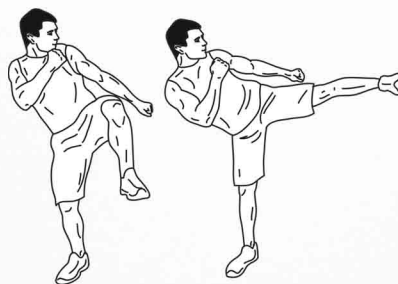
20 jump cross punches



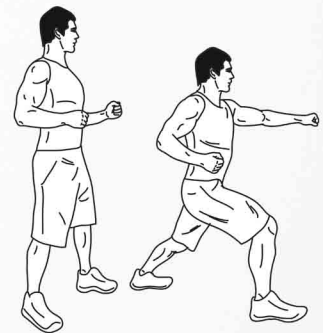
20 punches



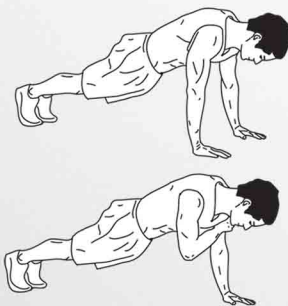
20 squat step-ups



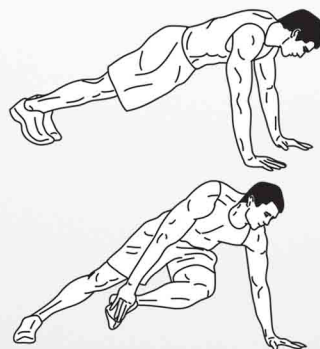
20 side kicks



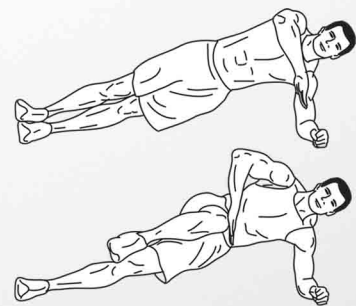
20 lunge punches



10 shoulder taps



10 climber taps



10 plank knee taps