

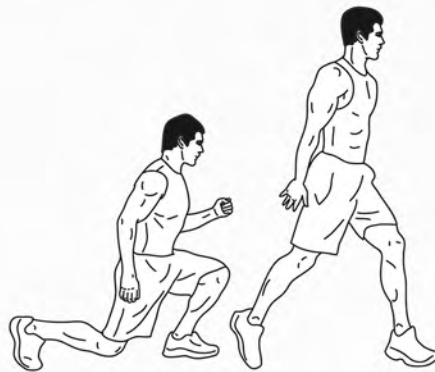
SNIPER

DAREBEE WORKOUT @ darebee.com

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



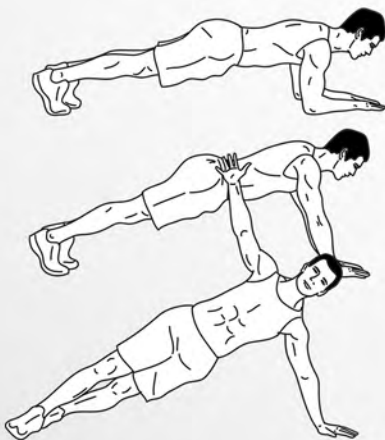
20 lunges



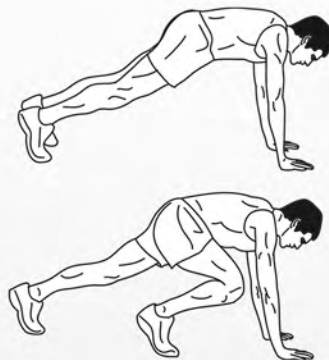
20 jumping lunges



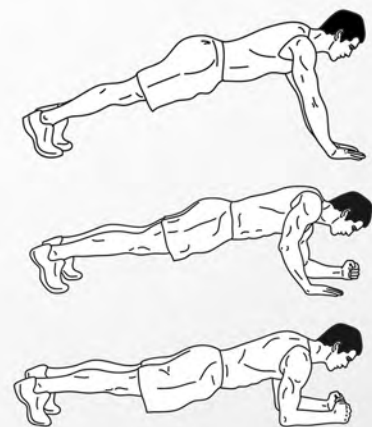
20 calf raises



20 press w/ rotations



20 climbers



20 up & down planks