

SPOTLIGHT

DAREBEE WORKOUT @ darebee.com

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



10 step half jacks



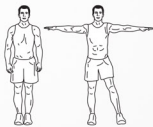
10 step jacks



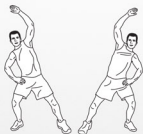
10 step half jacks



10 step seal jacks



10 step Ts



10 side jacks