

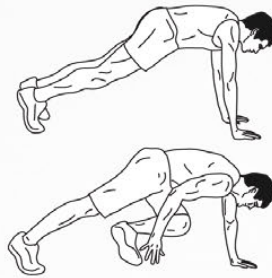
EARNING MY STRIPES

DAREBEE WORKOUT @ darebee.com

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



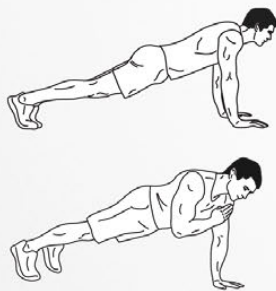
20 high knees



4 climber taps



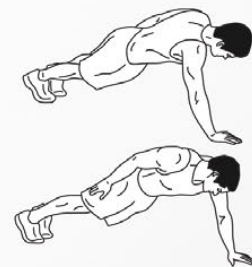
20 high knees



4 shoulder taps



20 high knees



4 thigh taps



4 up and down planks