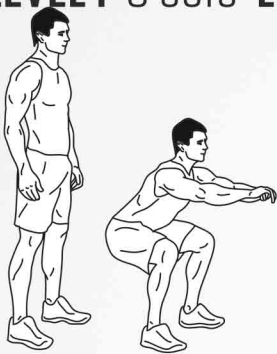


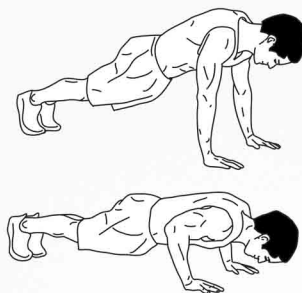
SUPER SOLDIER

DAREBEE WORKOUT @ darebee.com

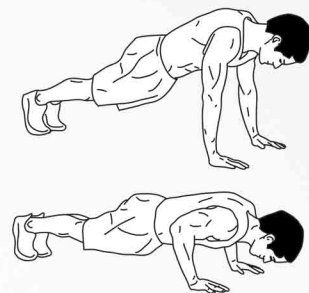
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



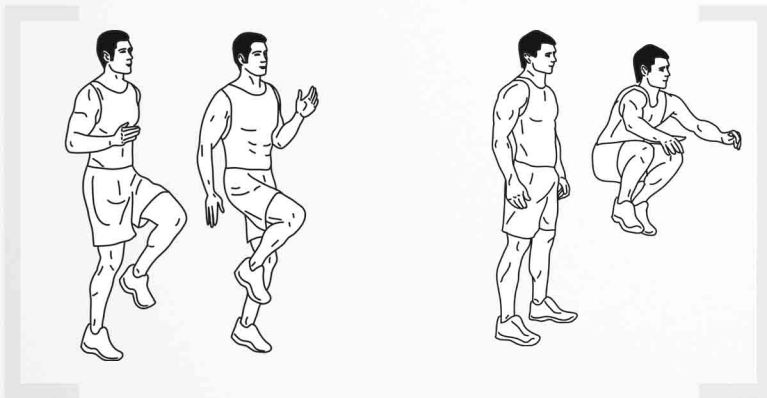
20 squats



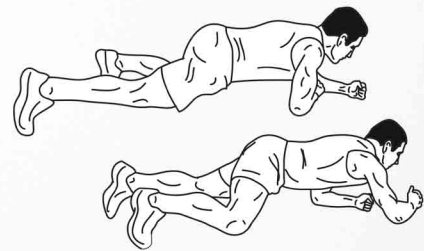
10 push-ups



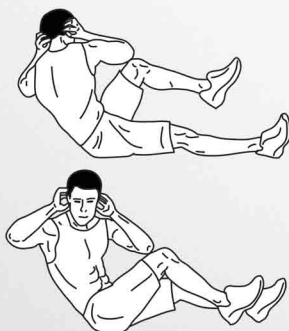
10-count push-up



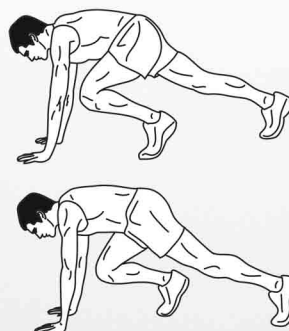
3 combos: 20 high knees + 1 jump knee tuck



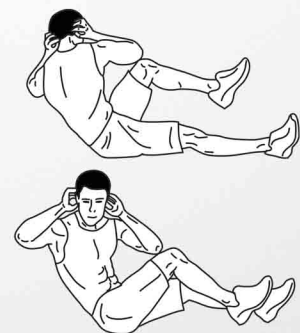
10 army crawl



10 knee-to-elbow crunches



20 climbers



10 knee-to-elbow crunches