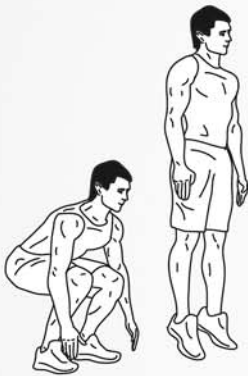


SUPERHOODIE

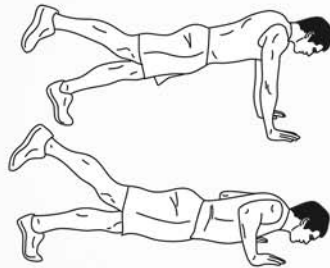
DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets

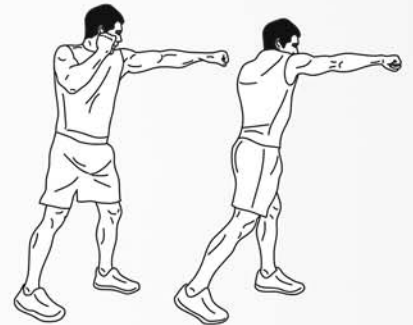
up to 2 minutes rest between sets



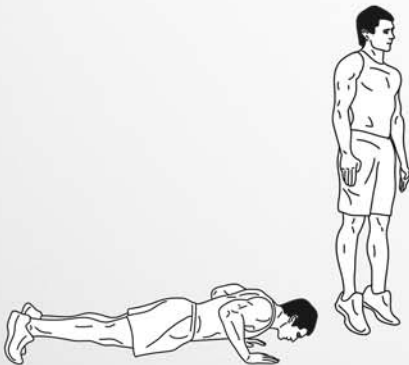
10 jump squats



10 raised leg push-ups



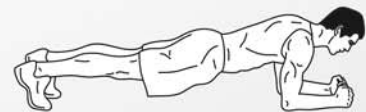
30 punches



10 burpees



30 side kicks



30sec elbow plank hold