

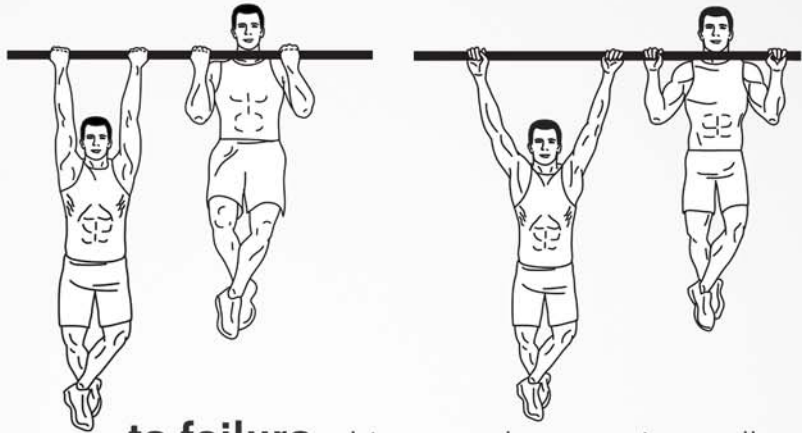
S.W.A.T.

DAREBEE WORKOUT @ darebee.com

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



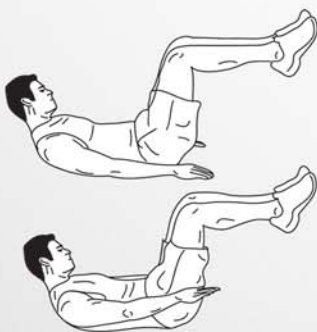
20 squats



to failure chin-up - change grip - pull-up



20combo plank jump-in + up and down plank



20 hundreds



20 sitting twists



20 high crunches