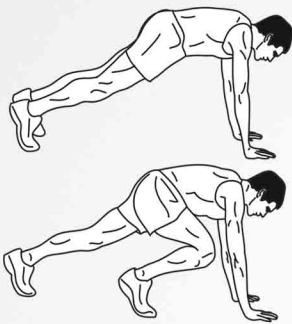


TRUE ALPHA

DAREBEE WORKOUT @ darebee.com

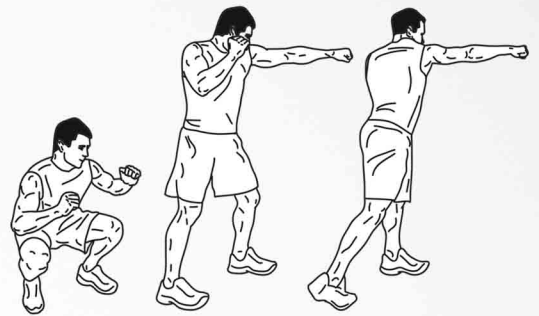
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



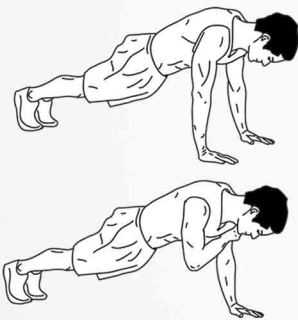
10 climbers



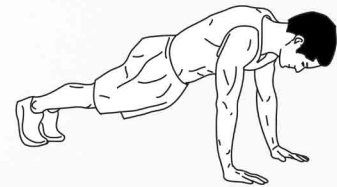
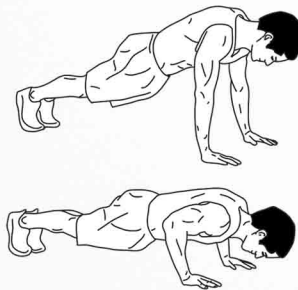
10 knee strikes



10combos squat + jab + cross



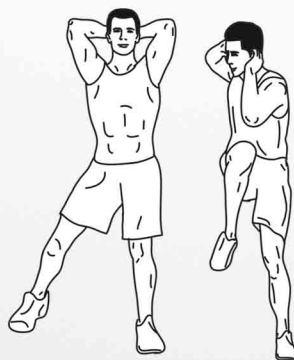
10combos shoulder taps + push-up



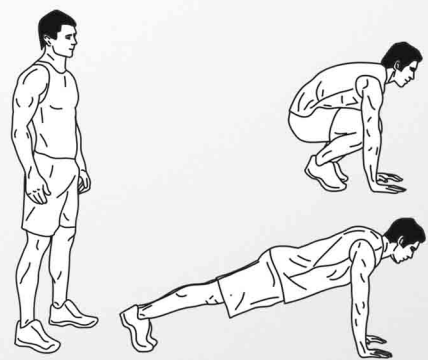
10-count plank



10 high knees



10 balance knee-to-elbow



10 basic burpees