

What doesn't Kill you

DAREBEE WORKOUT
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Level I 3 sets
Level II 5 sets
Level III 7 sets
2 minutes rest



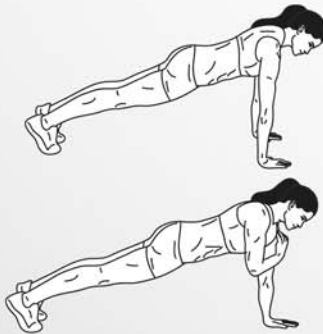
20 high knees



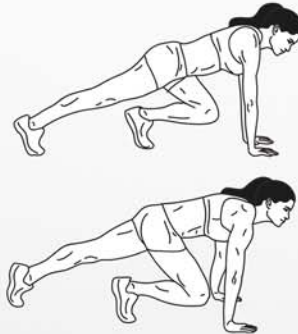
20 march steps



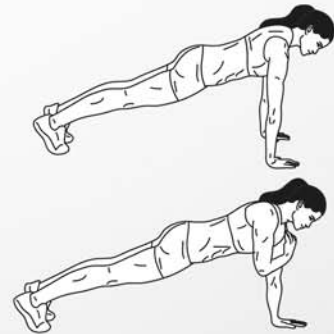
20 high knees



20 shoulder taps



20 climbers



20 shoulder taps