

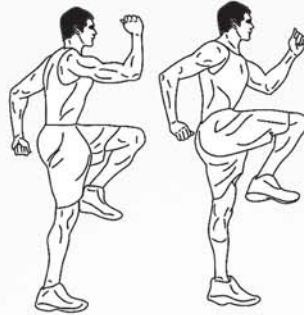
REBOOT

DAREBEE WORKOUT @ darebee.com

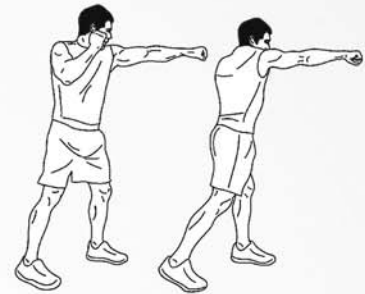
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



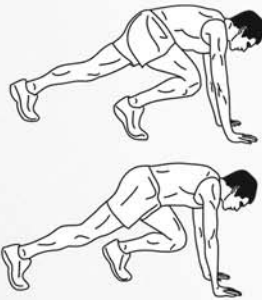
10 high knees



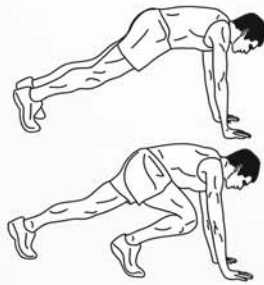
10 march steps



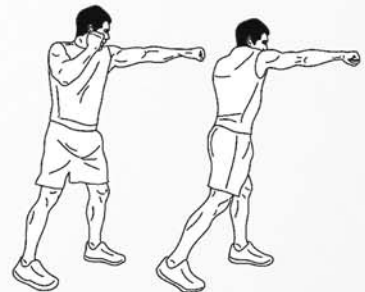
20 punches



10 climbers



10 slow climbers



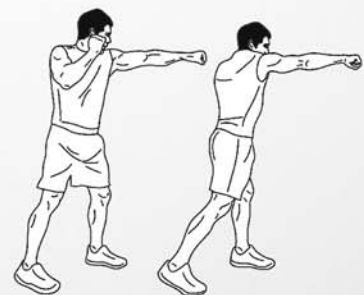
20 punches



10 lunges



10 reverse lunges



20 punches