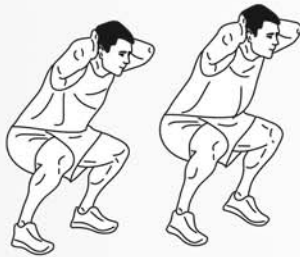


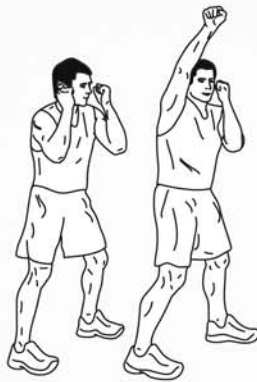
# MY BEST SHOT

DAREBEE WORKOUT @ [darebee.com](https://darebee.com)

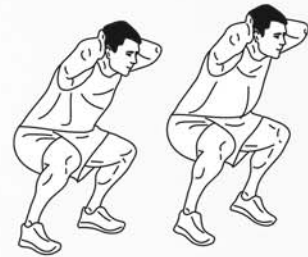
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10 squat hops



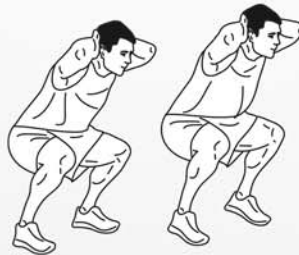
20 overhead punches



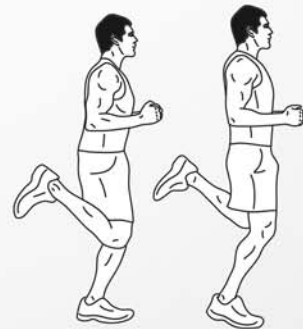
10 squat hops



10 butt kicks



10 squat hops



10 butt kicks