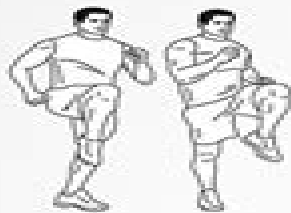


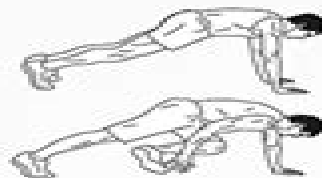
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DAREBEE WORKOUT @ darebee.com

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



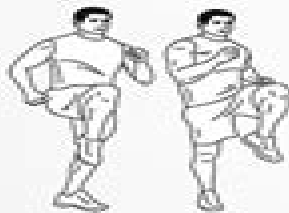
30 high knees



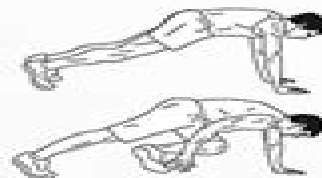
10 climber taps



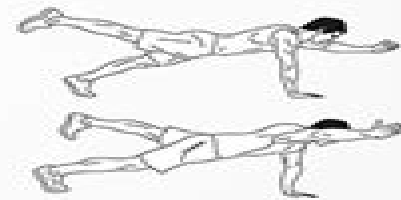
4 plank walk-outs



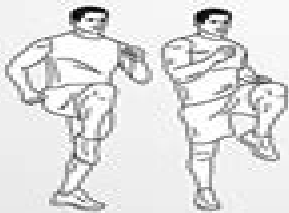
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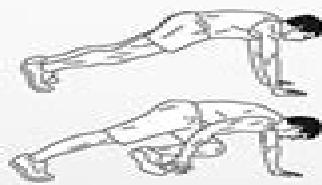
10 climber taps



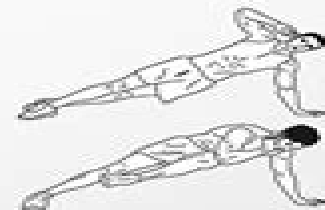
4 alt arm/ leg raises



30 high knees



10 climber taps



4 side plank crunches

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Kate Kenworthy, Stephen A. Rodrigues



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