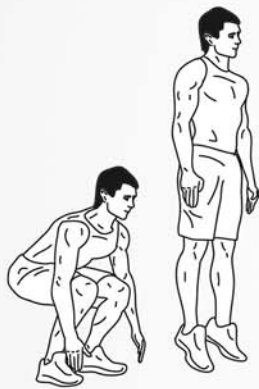


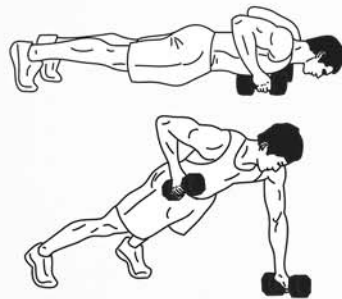
POWER CIRCUIT+

DAREBEE WORKOUT @ darebee.com

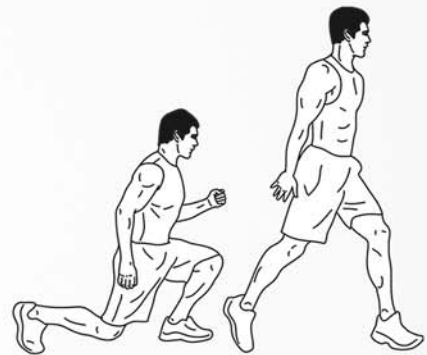
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



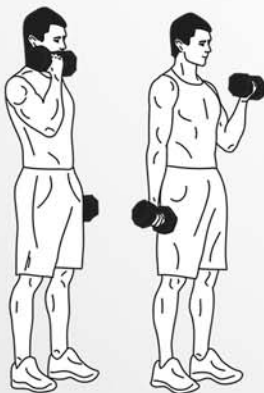
10 jump squats



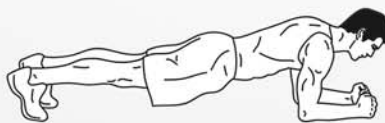
10 renegade row push-ups



10 jumping lunges



10 alt bicep curls



30sec elbow plank



30sec side elbow plank