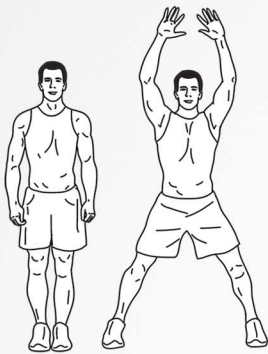


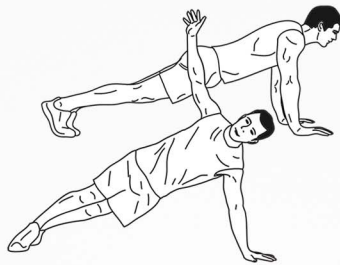
FALCON

DAREBEE WORKOUT @ darebee.com

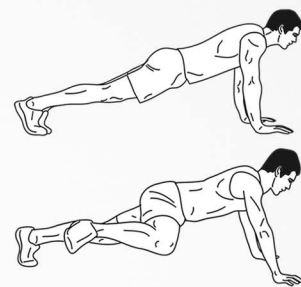
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



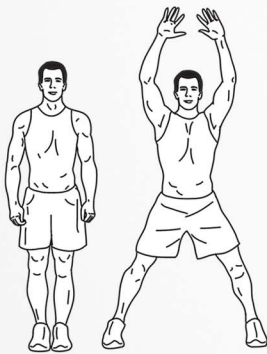
10 jumping jacks



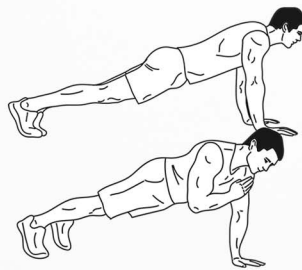
6 plank rotations



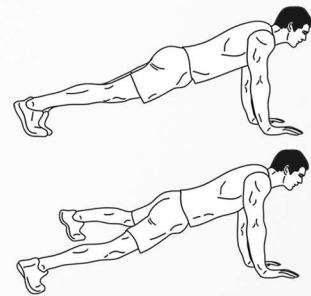
6 plank crunches



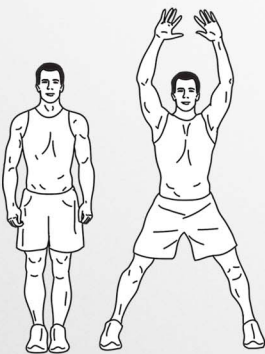
10 jumping jacks



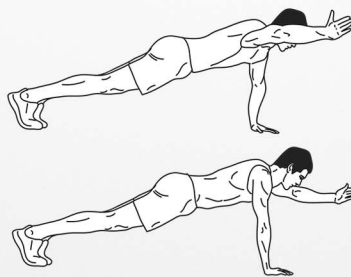
6 shoulder taps



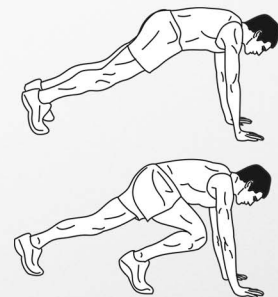
6 plank jacks



10 jumping jacks



6 plank arm raises



6 slow climbers