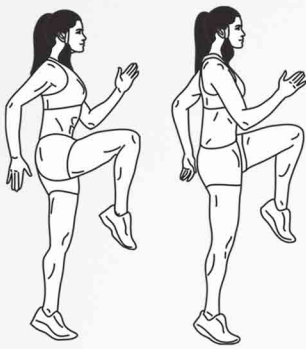


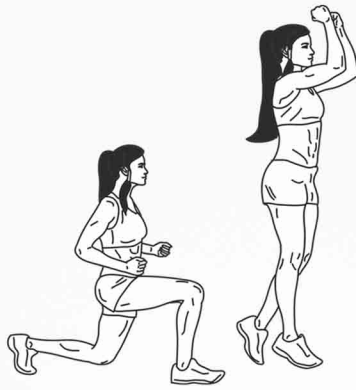
KORRA

DAREBEE WORKOUT © darebee.com

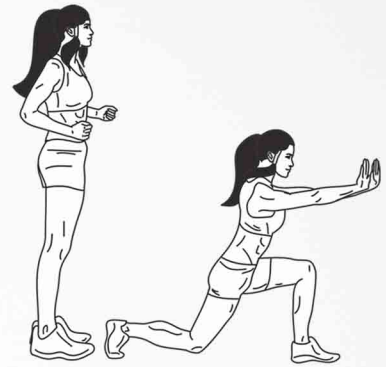
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 high knees



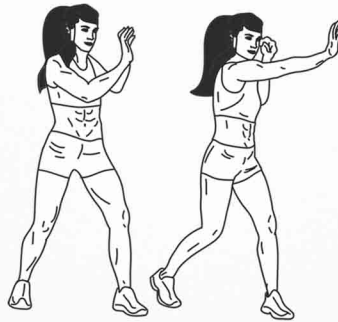
10 jumping lunges



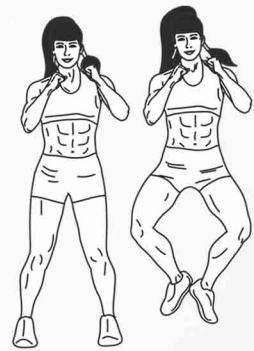
10 lunge push strikes



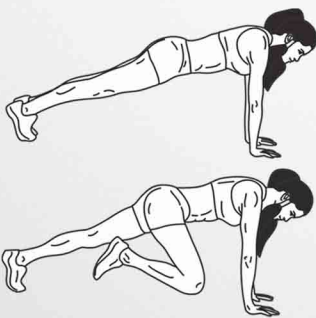
20 squat side kicks



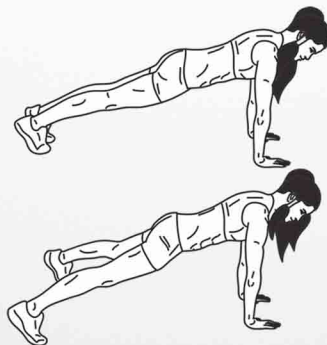
20 palm strikes



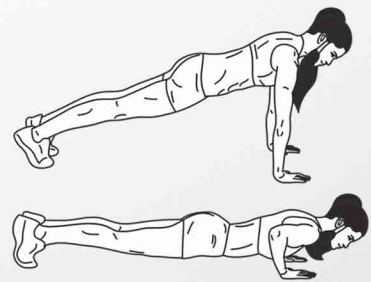
10 heel click jumps



20 climbers



10 plank jacks



10 push-ups