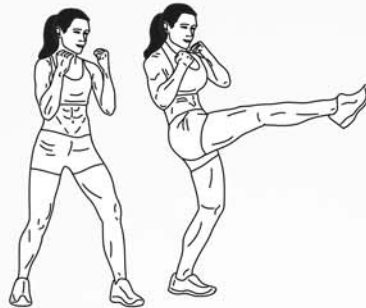


SKY RIPPER

DAREBEE WORKOUT @ darebee.com

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

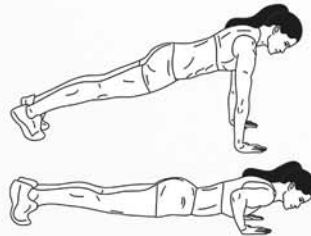


20combos squat + front kick

20 elbow strikes



20sec plank hold



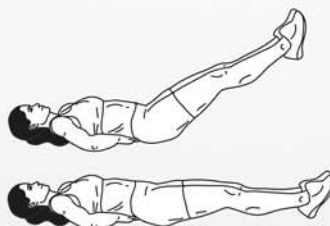
5 push-ups



20sec push-up plank hold



20 crunches



5 leg raises



20 sitting twists