

QUICK HIT

WORKOUT
BY DAREBEE

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Level I 3 sets

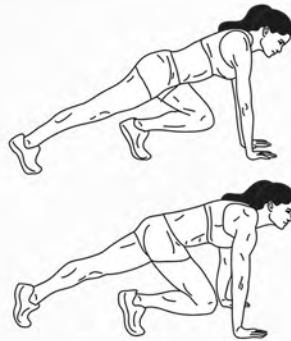
Level II 5 sets

Level III 7 sets

2 minutes rest



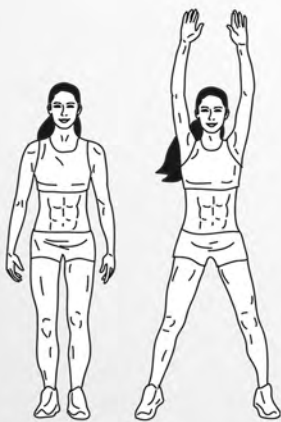
20sec high knees



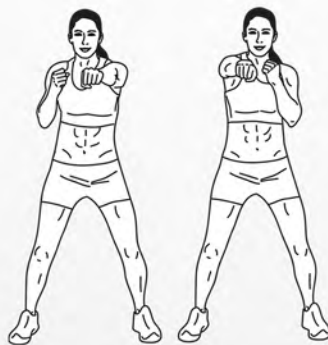
20sec climbers



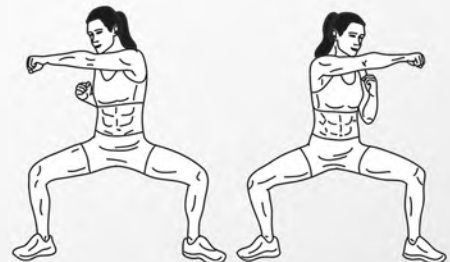
20sec plank hold



20sec jumping jacks



20sec punches



20sec squat hold punches