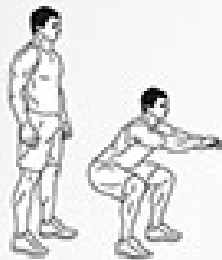


# OVER 9000

DAREBEE WORKOUT © [darebee.com](http://darebee.com)

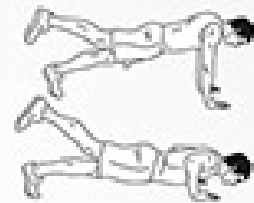
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



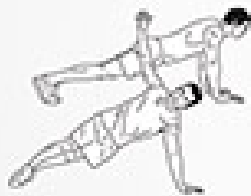
10 squats



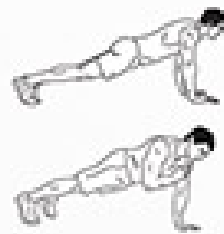
4 jump squats



4 raised leg push-ups



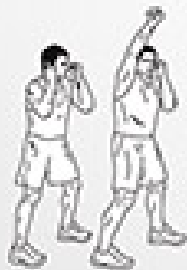
4 plank rotations



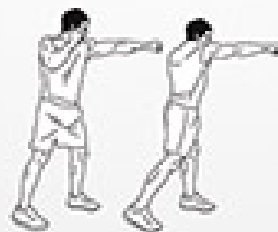
10 shoulder taps



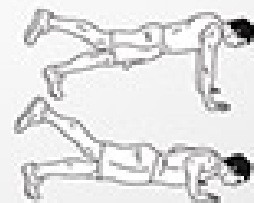
4 raised leg push-ups



10 overhead punches



10 punches



4 raised leg push-ups

# UP, UP, & UP

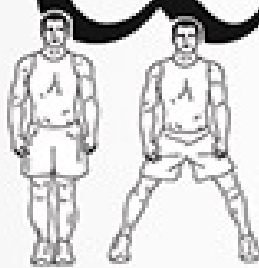
DAREBEE  
WORKOUT  
© [darebee.com](http://darebee.com)

LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

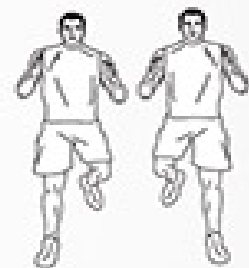
REST up to 2 minutes



**10** half jacks



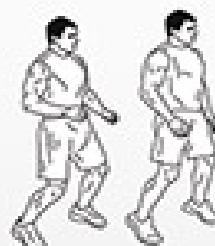
**2** jump squats



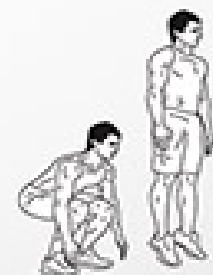
**10** side-to-side hops



**2** jump squats



**10** hops on the spot



**2** jump squats