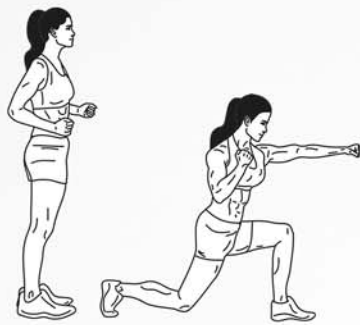


RAIGER

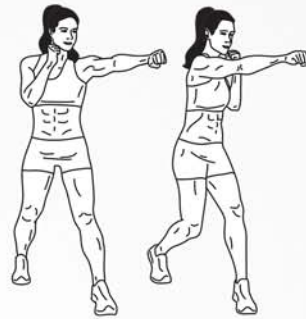
DAREBEE WORKOUT

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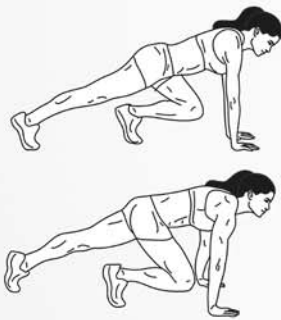
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



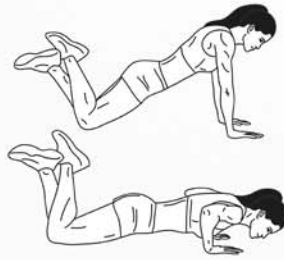
10 lunge punches



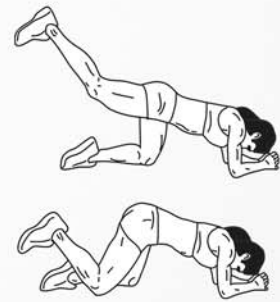
20 punches



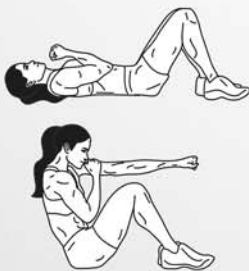
10 climbers



2 knee push-ups



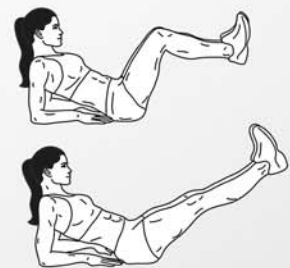
10 plank back kicks



2 sit-up punches



10 sitting punches



10 crunch kicks