

SURVIVAL MODE

DAREBEE WORKOUT

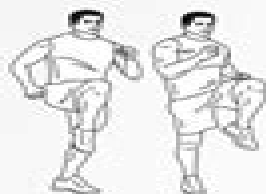
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LEVEL I 3 sets

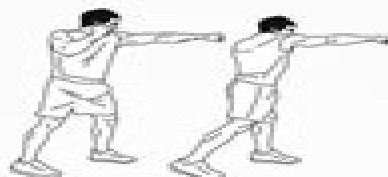
LEVEL II 5 sets

LEVEL III 7 sets

REST up to 2 minutes



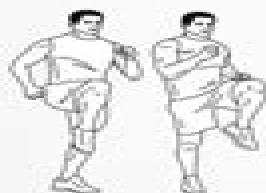
20 high knees



20 punches



10-count plank hold



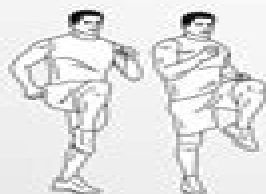
20 high knees



6 jumping lunges



10-count plank hold



20 high knees



6 basic burpees



10-count plank hold

Survival Mode I

Daniel F McAuley



Survival Mode I:

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