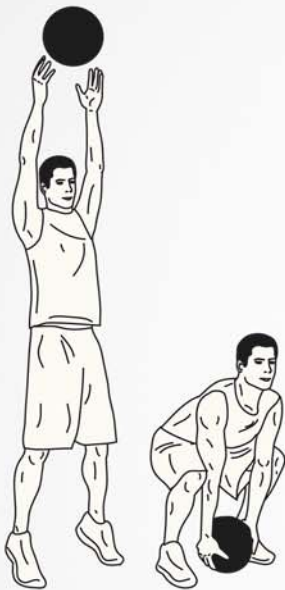


Power Ball

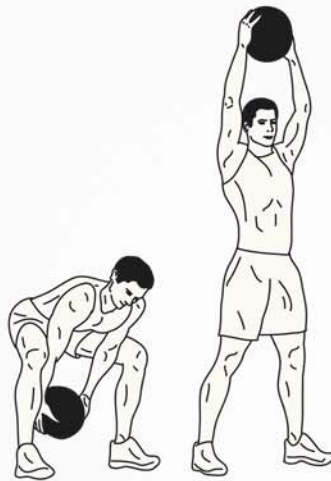
MEDICINE BALL WORKOUT BY DAREBEE © darebee.com

LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets

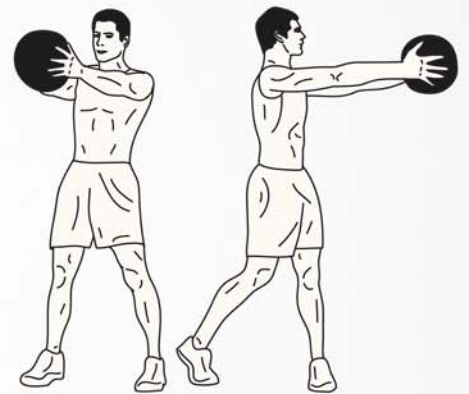
REST up to 2 minutes



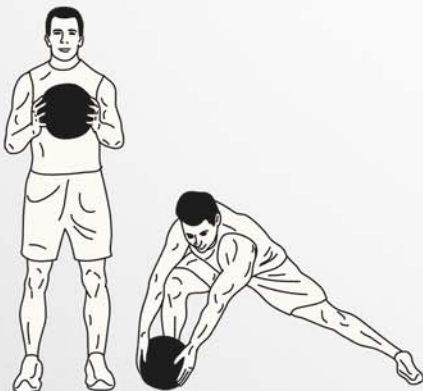
20 throw & floor tap



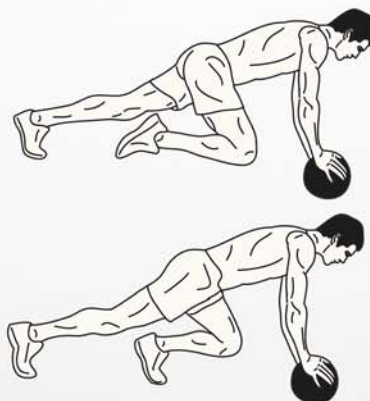
20 swings



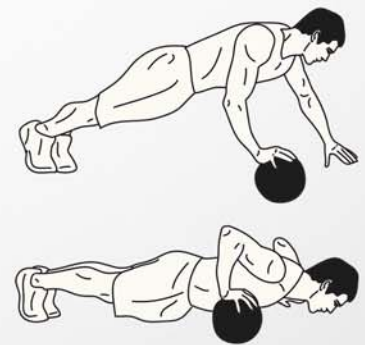
20 side-to-side chops



10 side-to-side floor tap



10 climbers



10 push-ups