

BABY STEPS

DAREBEE WORKOUT

@ darebee.com

LEVEL I 3 sets

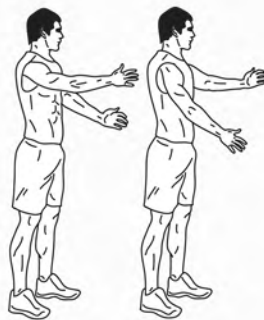
LEVEL II 5 sets

LEVEL III 7 sets

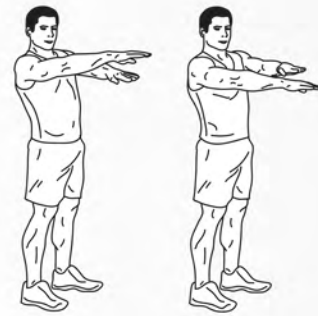
REST up to 2 minutes



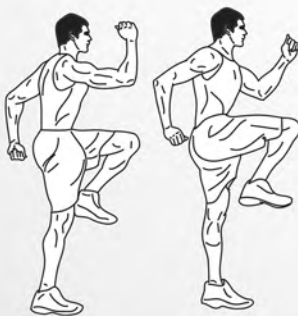
10 march steps



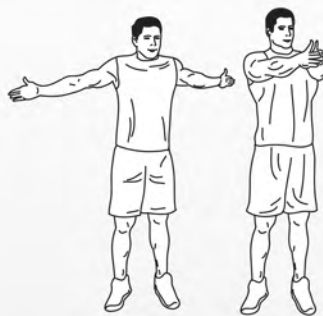
10 scissor chops



10 arm scissors



10 march steps



10 chest expansions



10 arm circles