

BBOQ

DAREBEE WORKOUT

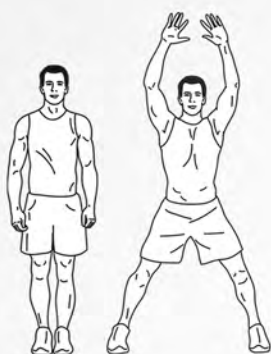
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LEVEL I 3 sets

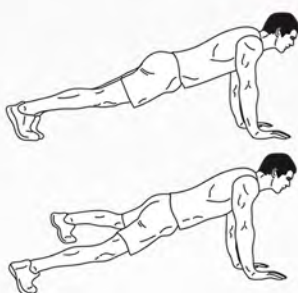
LEVEL II 5 sets

LEVEL III 7 sets

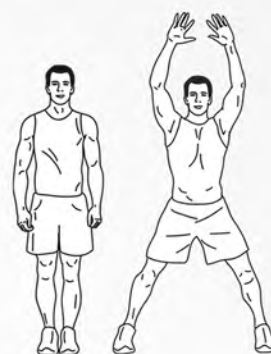
REST up to 2 minutes



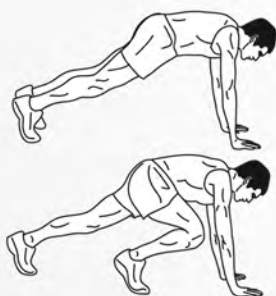
10 jumping jacks



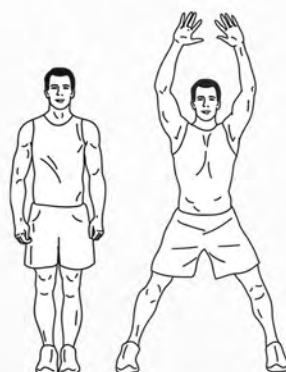
4 plank jacks



10 jumping jacks



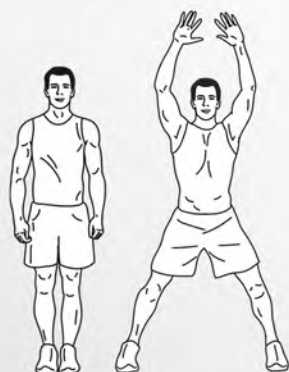
4 climbers



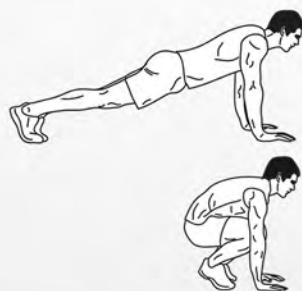
10 jumping jacks



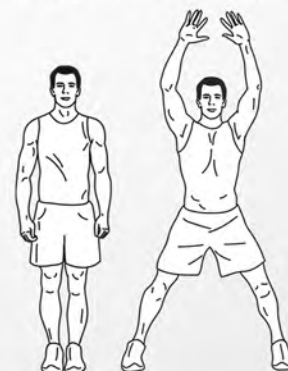
4 plank rotations



10 jumping jacks



4 plank jump-ins



10 jumping jacks