

# BIG BANG

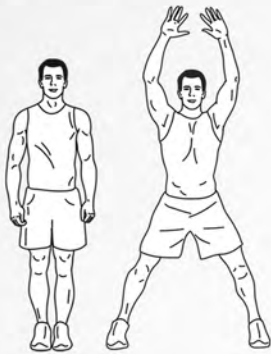
DAREBEE WORKOUT  
@ [darebee.com](https://darebee.com)

LEVEL I 3 sets

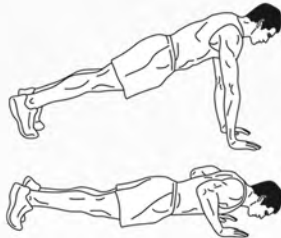
LEVEL II 5 sets

LEVEL III 7 sets

REST up to 2 minutes



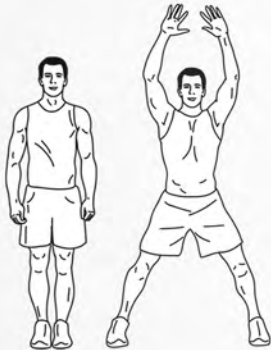
10 jumping jacks



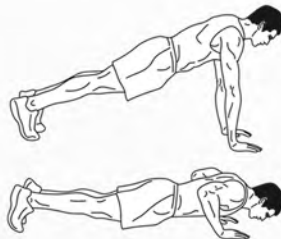
2 push-ups



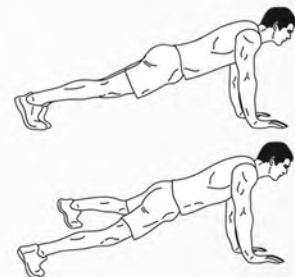
2 jump squats



10 jumping jacks



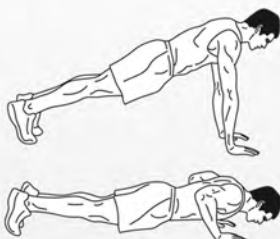
2 push-ups



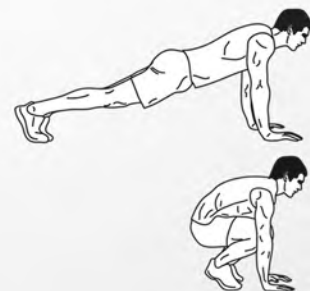
2 plank jacks



10 jumping jacks



2 push-ups



2 plank jump-ins