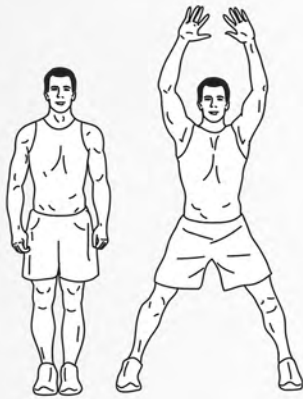


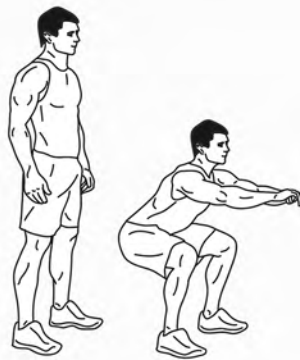
Burn & Build

DAREBEE WORKOUT @ darebee.com

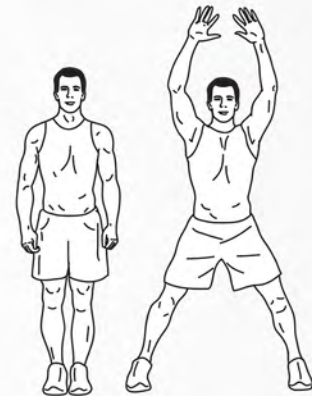
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10 jumping jacks



10 squats



10 jumping jacks



5 squats



20 high knees



5 squats