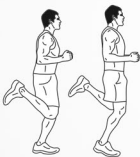


YOU HAVE TO CATCH ME FIRST

DAREBEE WORKOUT @ darebee.com

5 sets in total | up to 2 minutes rest between sets



20 butt kicks

4 side-to-side hops

20 butt kicks

4 side-to-side hops

20 butt kicks

4 side-to-side hops



20 butt kicks

4 side-to-side hops

20 butt kicks

4 side-to-side hops