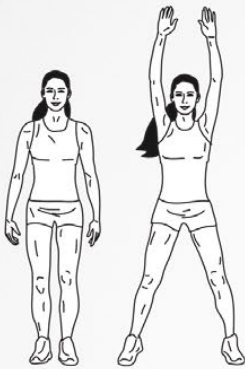


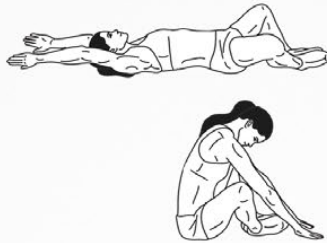
caterpillar- *Butterfly*

DAREBEE WORKOUT @ darebee.com

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



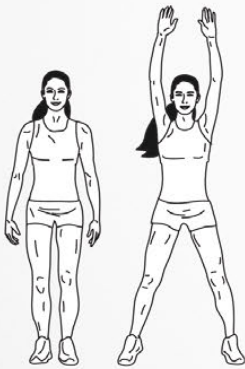
10 jumping jacks



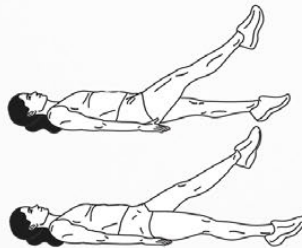
10 butterfly sit-ups



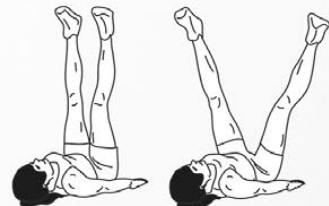
10 sitting twists



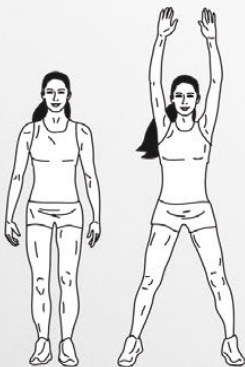
10 jumping jacks



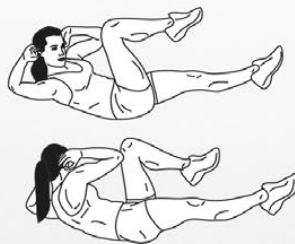
10 flutter kicks



10 V-wipers



10 jumping jacks



10 knee-to-elbow crunches



10 half wipers