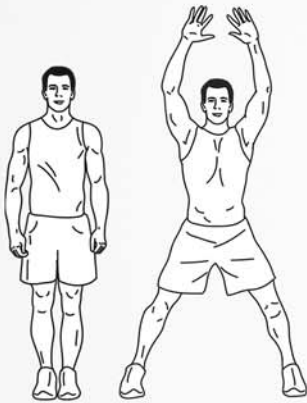


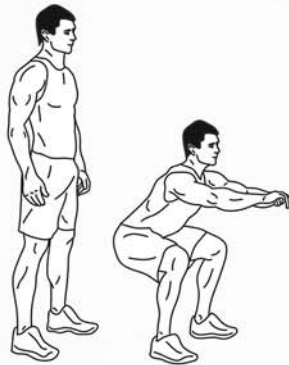
DAILY **WORKOUT**

BY DAREBEE © darebee.com

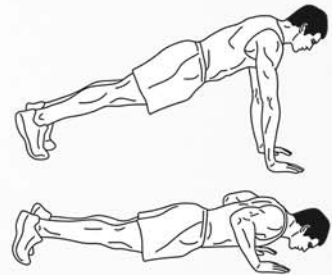
3 sets | up to 2 minutes rest between sets



10 jumping jacks



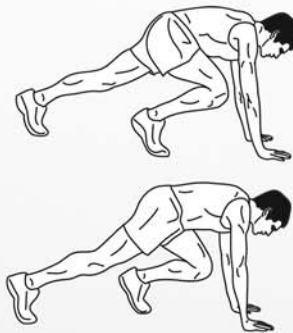
2 squats



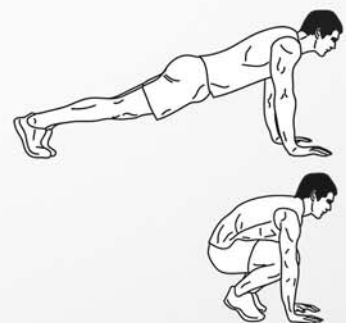
2 push-ups



10 high knees



10 climbers



2 plank jump-ins