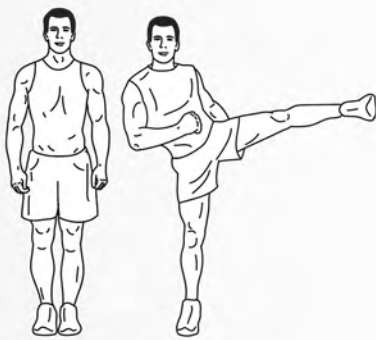


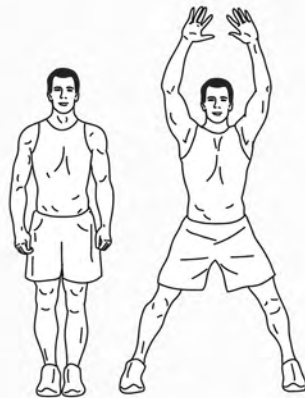
THE DO OVER

DAREBEE WORKOUT @ darebee.com

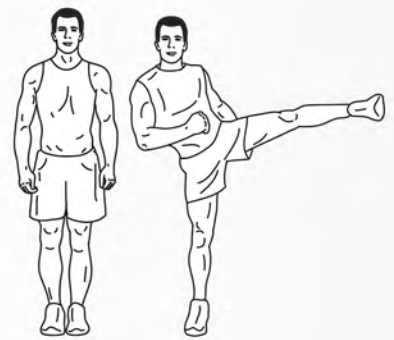
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



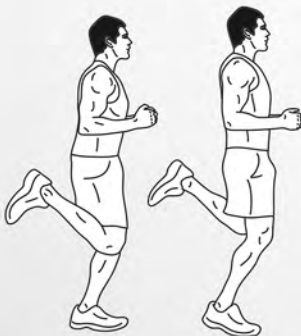
20 side leg raises



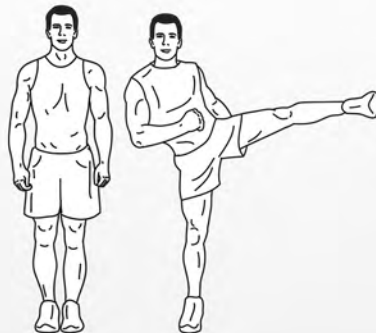
20 jumping jacks



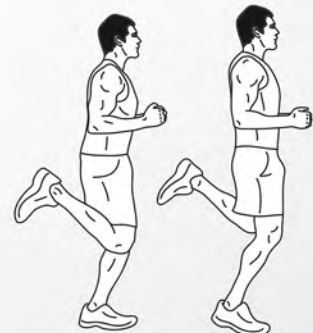
20 side leg raises



20 butt kicks



20 side leg raises



20 butt kicks