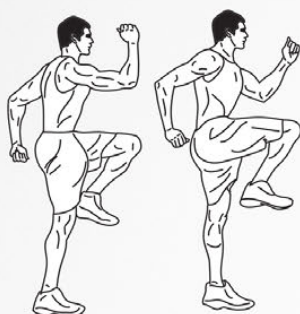


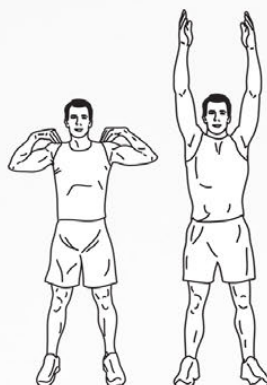
EXPLORER

DAREBEE WORKOUT © darebee.com

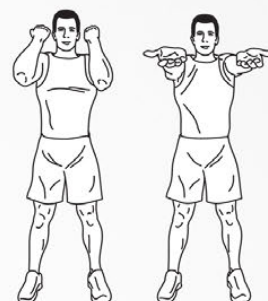
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



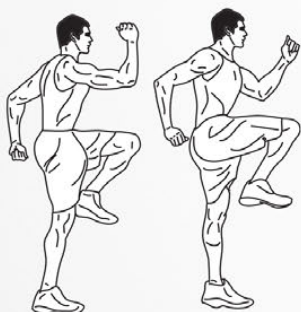
20 march steps



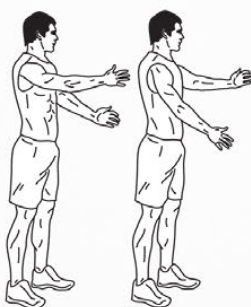
10 shoulder taps



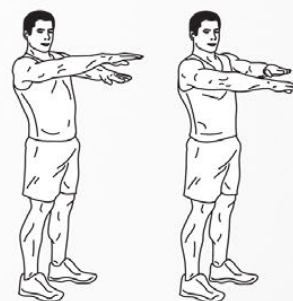
10 bicep extensions



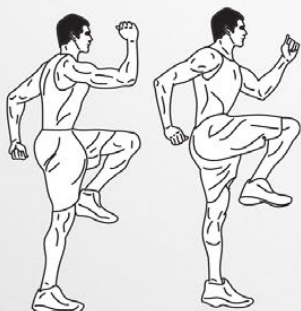
20 march steps



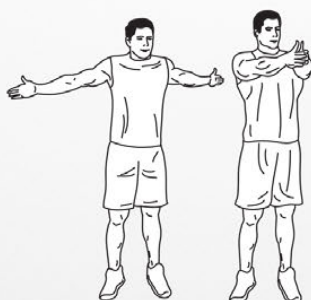
10 scissor chops



10 arm scissors



20 march steps



10 chest expansions



10 raised arm circles