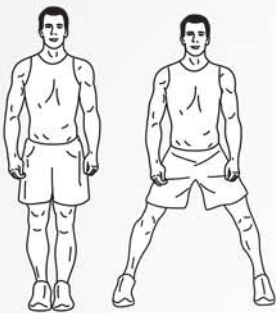


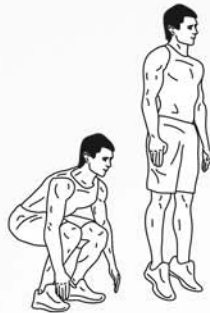
Fat-Fryer

DAREBEE WORKOUT @ darebee.com

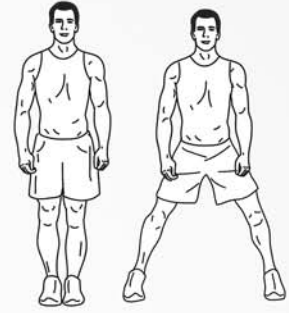
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



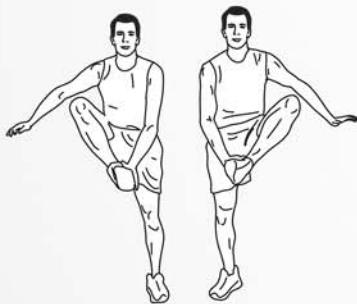
10 half jacks



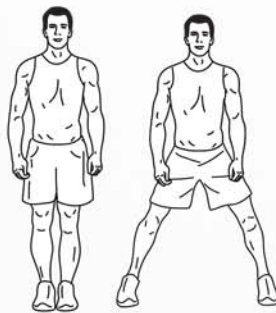
4 jump squats



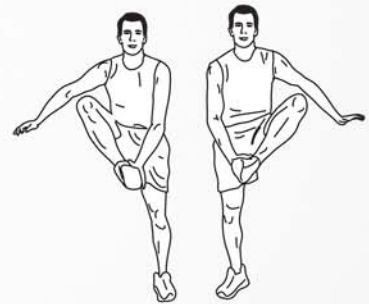
10 half jacks



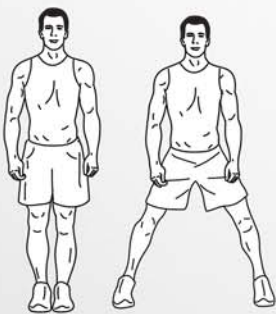
4 toe tap hops



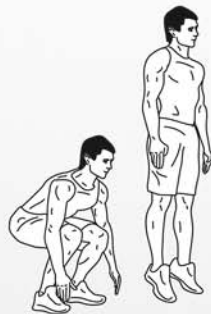
10 half jacks



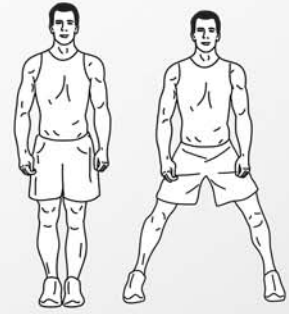
4 toe tap hops



10 half jacks



4 jump squats



10 half jacks