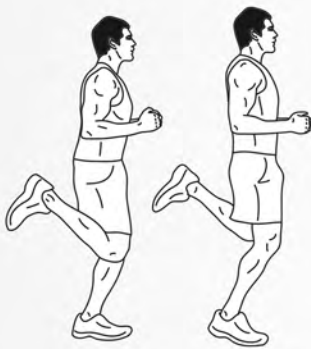


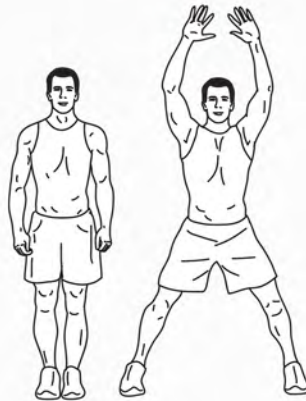
FRESH START

DAREBEE WORKOUT @ darebee.com

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



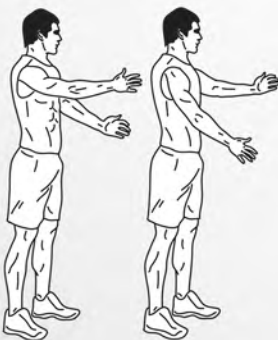
10 butt kicks



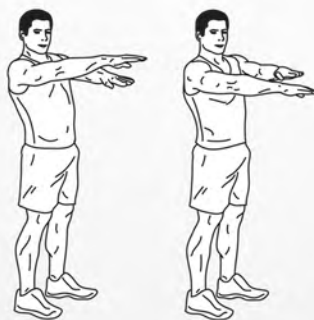
10 jumping jacks



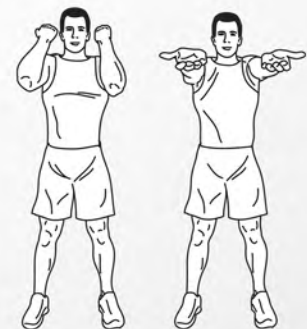
10 knee-to-elbow



20 scissor chops



20 arm scissors



20 bicep extensions