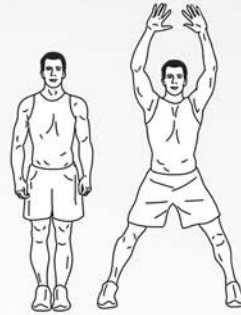


Happy Hour

DAREBEE WORKOUT @ darebee.com

10 sets with 2 minute rest between sets

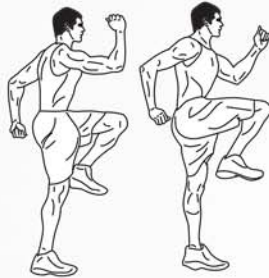
20 seconds each exercise



2 minutes
jumping jacks
pre workout
warmup



high knees



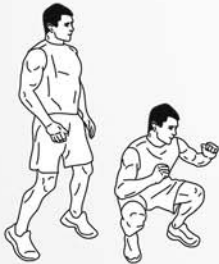
march steps



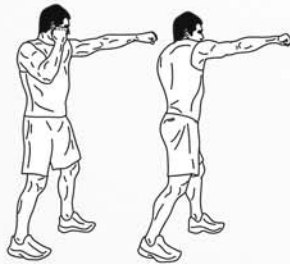
high knees



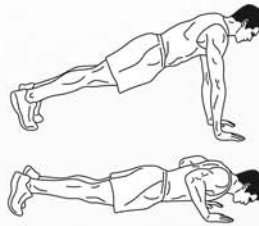
march steps



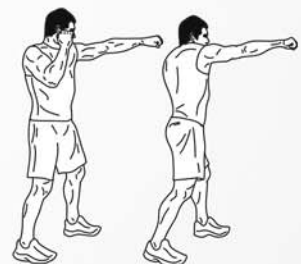
squats



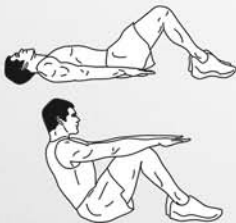
punches



push-ups



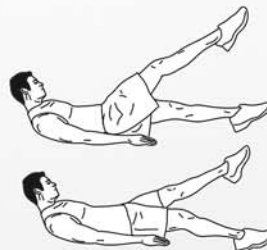
punches



sit-ups



sitting twists



flutter kicks



sitting twists