

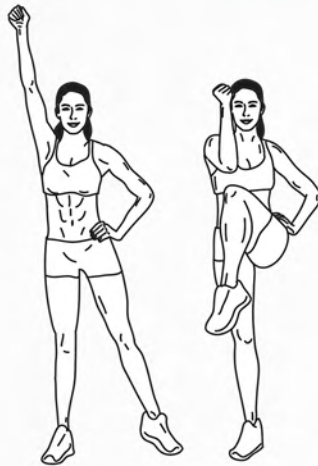
HEART BREAKER

DAREBEE WORKOUT @ darebee.com

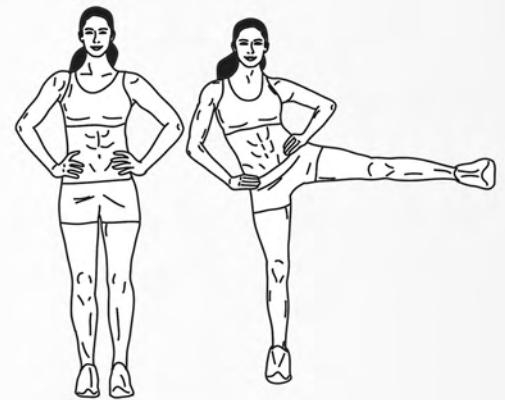
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 high knees



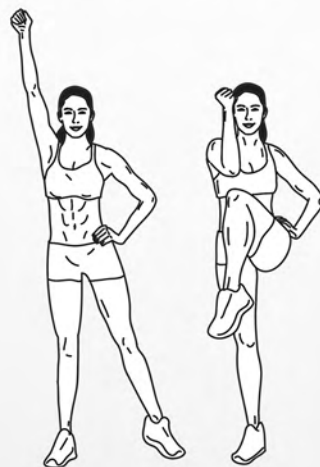
20 knee-to-elbows



20 side leg raises



20 jump squats



20 knee-to-elbows



20 lunges