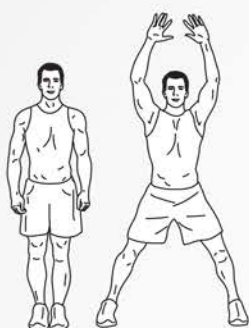


HIGH VOLUME

DAREBEE WORKOUT © darebee.com

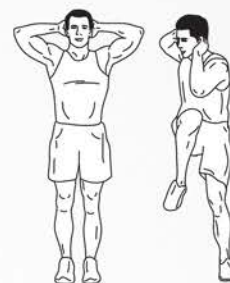
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



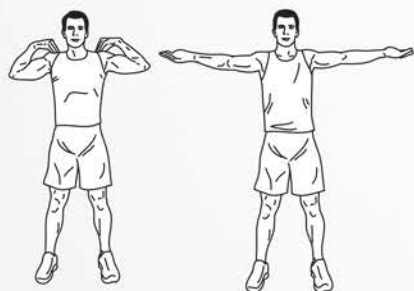
30 jumping jacks



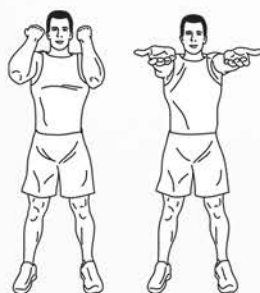
30 split jacks



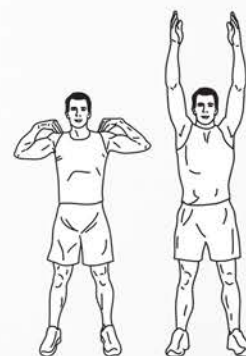
30 knee to elbows



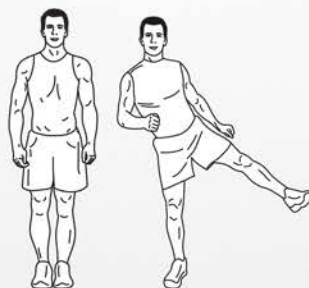
30 side shoulder taps



30 bicep extensions



30 shoulder taps



30 side leg raises