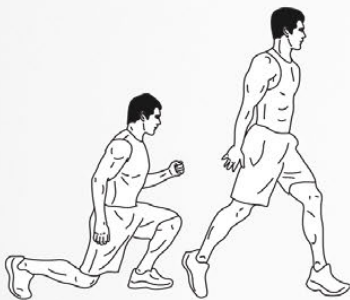


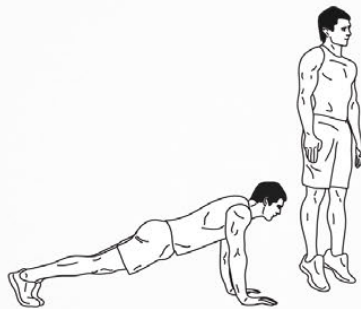
KEEP UP!

DAREBEE WORKOUT @ darebee.com

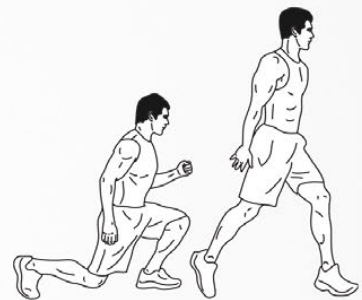
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10 jumping lunges



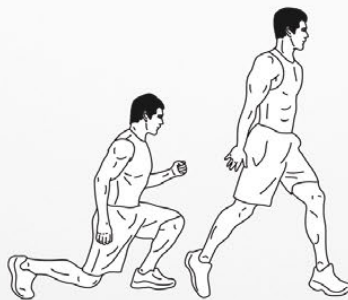
10 basic burpees



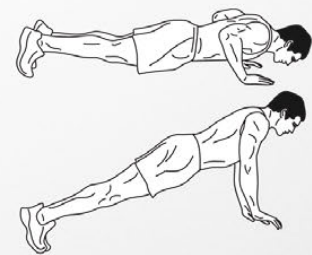
10 jumping lunges



10 high knees



10 jumping lunges



10 power push-ups