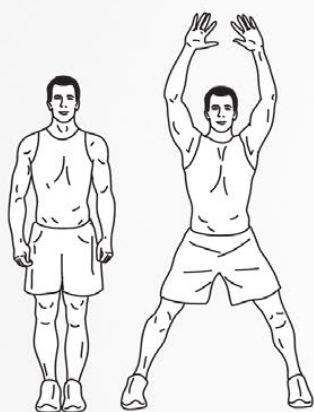
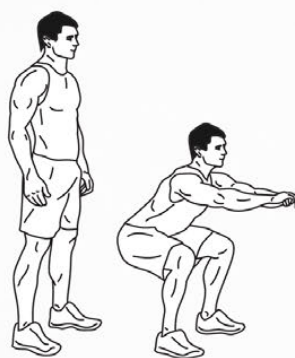


# KEEP WARM

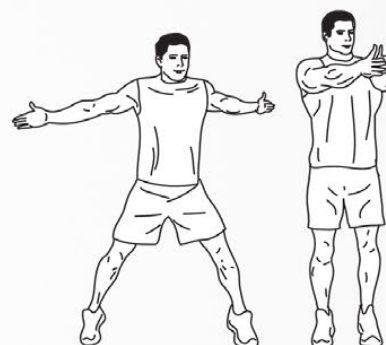
DAREBEE WORKOUT @ [darebee.com](https://darebee.com)



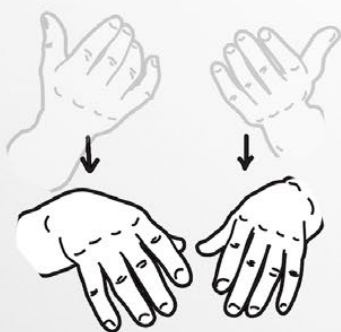
**10** jumping jacks



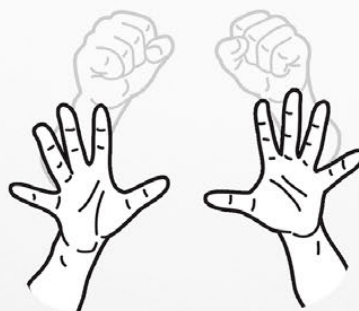
**5** squats



**10** seal jacks



**10** rapid shake



**10** clench / unclench



**10** clench / unclench