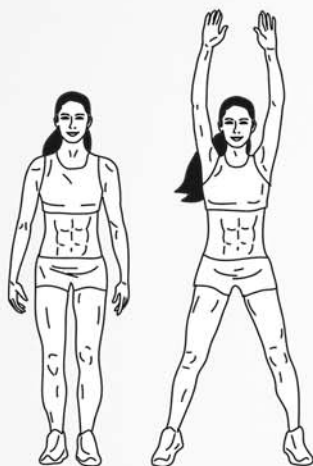




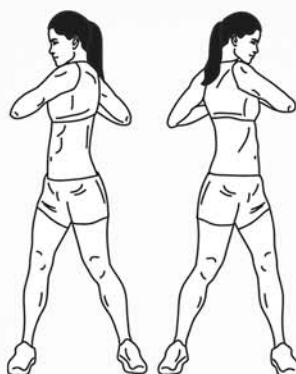
**10** butt kicks



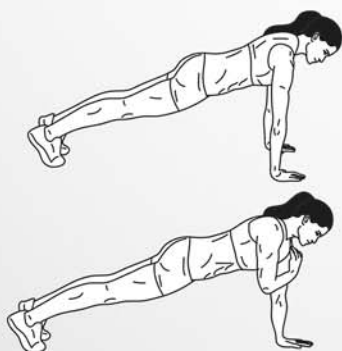
**10** lunges



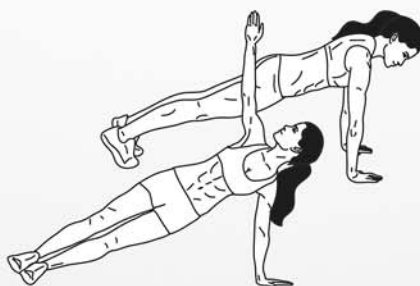
**10** jumping jacks



**10** torso twists



**10** shoulder taps



**10** plank rotations

# KICKSTART

DAREBEE  
WORKOUT

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5 sets  
2 minutes rest  
between sets