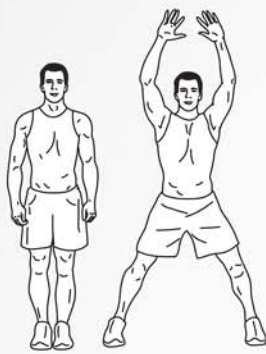


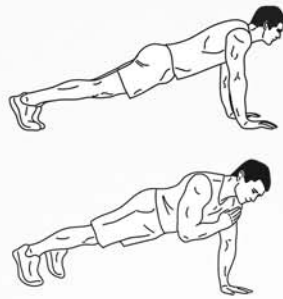
LIBERATOR

DAREBEE WORKOUT @ darebee.com

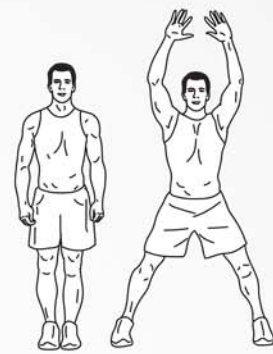
Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



20sec jumping jacks



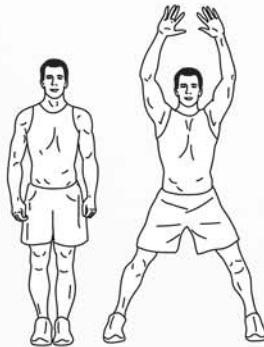
20sec shoulder taps



20sec jumping jacks



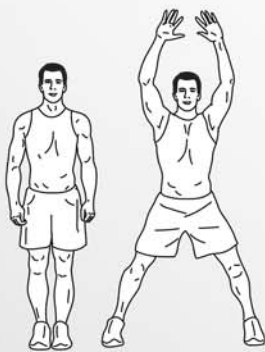
20sec plank rotations



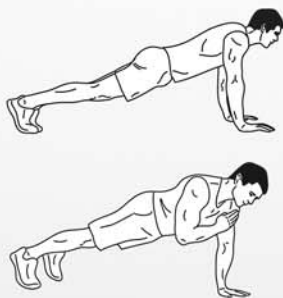
20sec jumping jacks



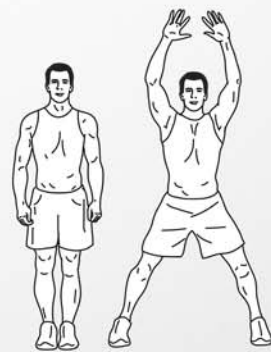
20sec plank rotations



20sec jumping jacks



20sec shoulder taps



20sec jumping jacks