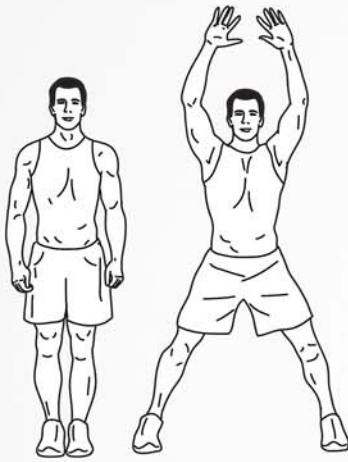


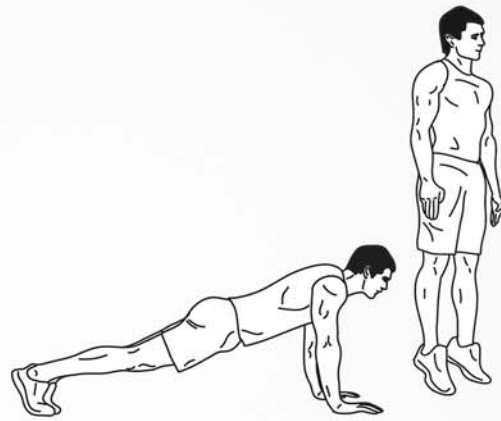
# MANIAC

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

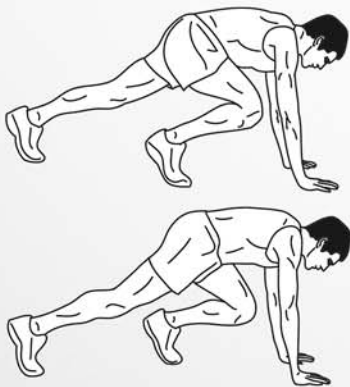
2 minutes rest between exercises



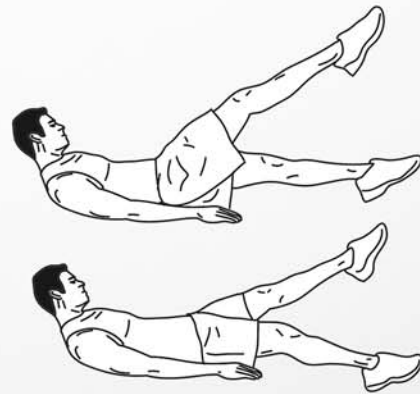
**20** jumping jacks x **5 sets** in total  
20 seconds rest between sets



**5** basic burpees x **5 sets** in total  
20 seconds rest between sets



**20** climbers x **5 sets** in total  
20 seconds rest between sets



**20** flutter kicks x **5 sets** in total  
20 seconds rest between sets