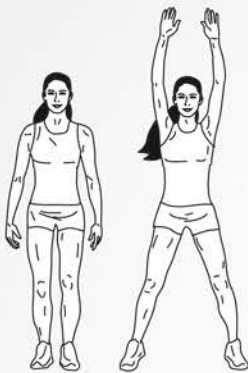


MONARCH

DAREBEE WORKOUT © darebee.com

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



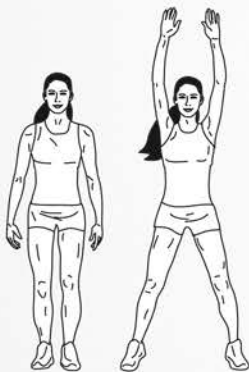
10 jumping jacks



2 hop heel clicks



4 goblet squats



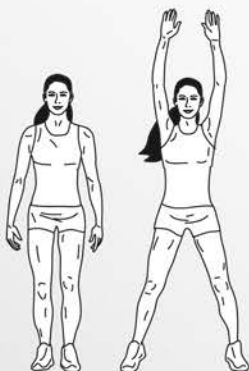
10 jumping jacks



2 hop heel clicks



4 squat hold calf raises



10 jumping jacks



2 hop heel clicks



4 squat hold side bends