

I WAS PROMISED COOKIES

DAREBEE WORKOUT @ darebee.com

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



20 jumping jacks



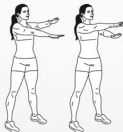
20 climbers



20 butt kicks



20 shoulder taps



20 arm scissors



20 plank leg raises