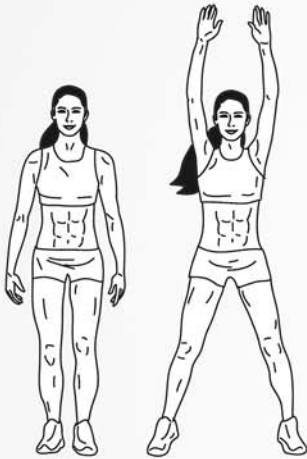


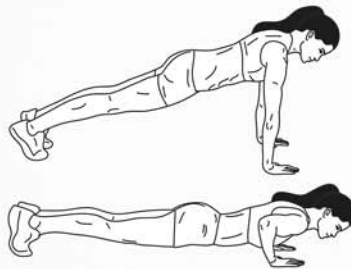
REVENGE BODY

DAREBEE WORKOUT @ darebee.com

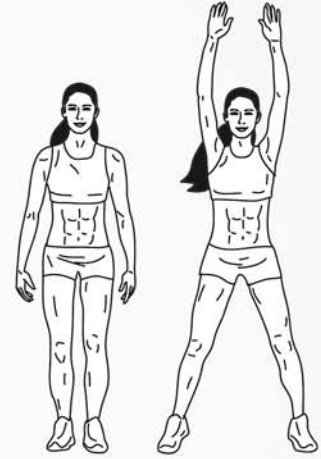
Repeat the circuit 5 times
2 minutes rest between sets



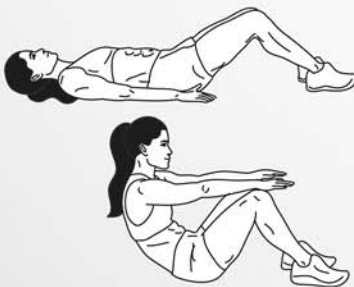
20 jumping jacks



20 push-ups



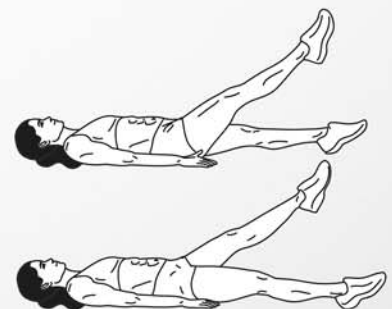
20 jumping jacks



20 sit-ups



20 sitting twists



20 flutter kicks