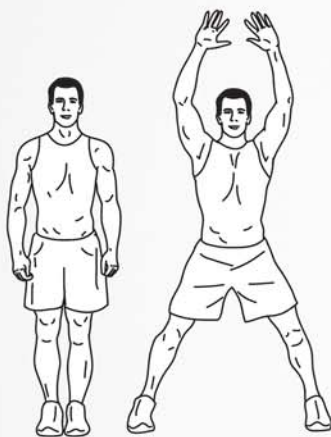


SECOND CHANCE

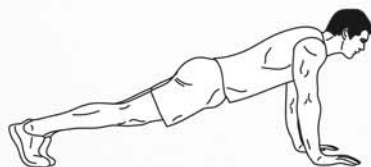
DAREBEE WORKOUT @ darebee.com

repeat 5 times

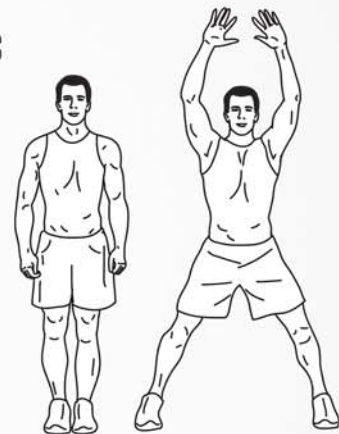
2 minutes rest between sets



20 jumping jacks



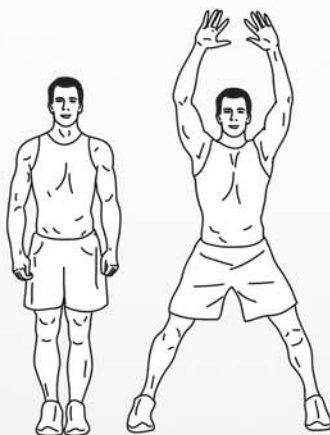
20sec plank



20 jumping jacks



20sec raised leg plank



20 jumping jacks



20sec balance plank