

SHAKE IT UP!

DAREBEE WORKOUT © darebee.com

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



20 jumping jacks



10 twists



20 jumping jacks



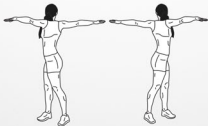
10 butt kicks



20 jumping jacks



10 butt kicks



10 raised arms twists