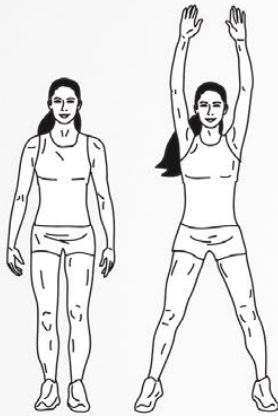


# SPRIGHT

DAREBEE WORKOUT @ [darebee.com](https://darebee.com)

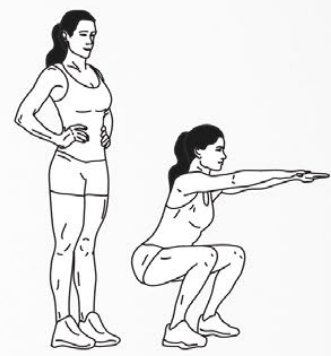
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



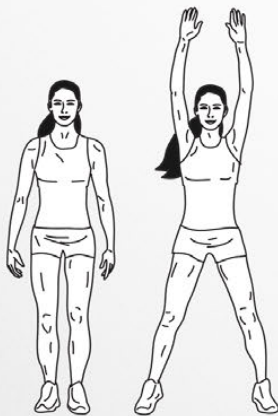
**20** jumping jacks



**2** hop heel clicks



**2** squats



**20** jumping jacks



**2** hop heel clicks



**20** high knees