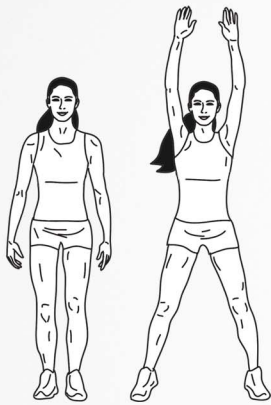


# STAND TALL

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

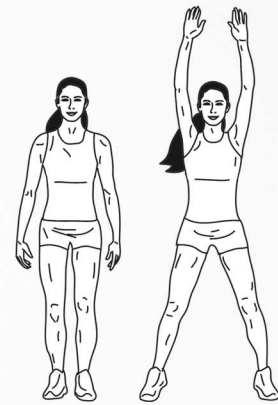
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10 jumping jacks



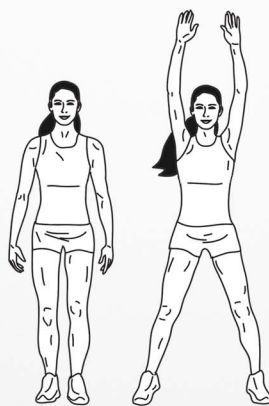
10 squat step back



10 jumping jacks



10 lunge step-ups



10 jumping jacks



10 butt kicks