

STARTER

PACK

DAREBEE WORKOUT

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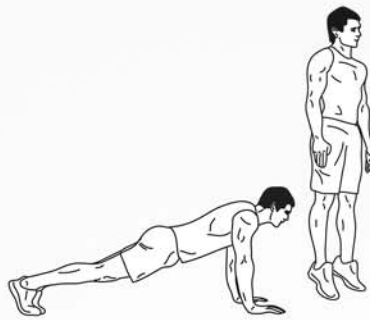
Repeat each sequence 5 times

2 minutes rest between sets

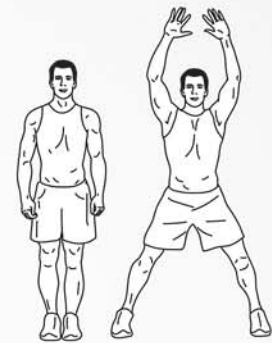
CARDIO



30 high knees



10 basic burpees w/jump

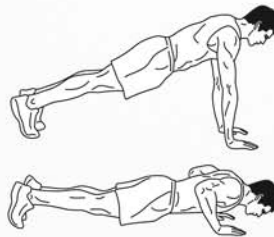


30 jumping jacks

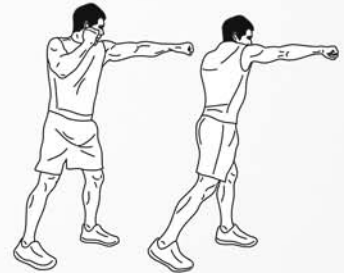
STRENGTH



30 squats

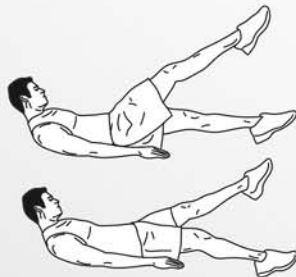


10 push-ups

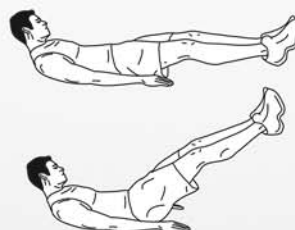


30 punches

ABS & CORE



30 flutter kicks



10 leg raises



30 sitting twists