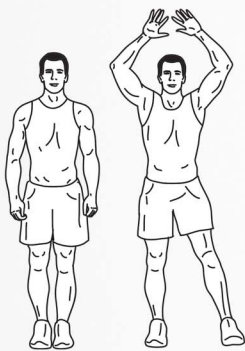


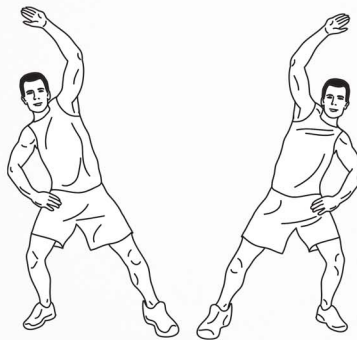
STARTING POINT

DAREBEE WORKOUT © darebee.com

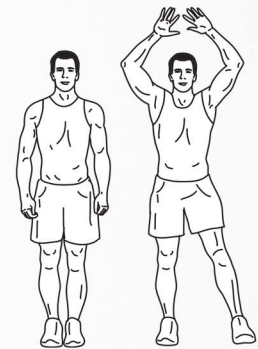
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



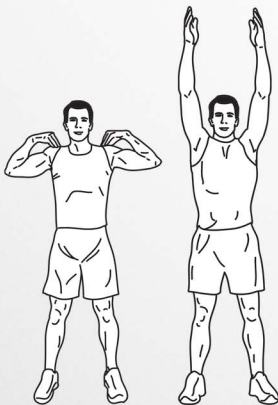
10 step jacks



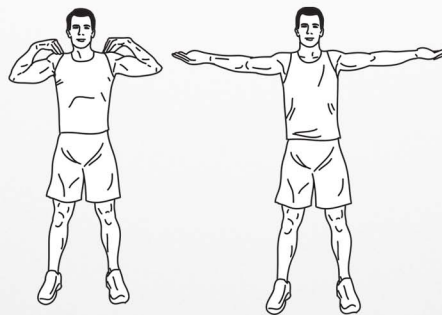
10 side jacks



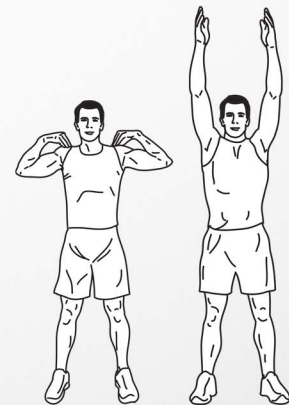
10 step jacks



10 shoulder taps



10 side shoulder taps



10 shoulder taps