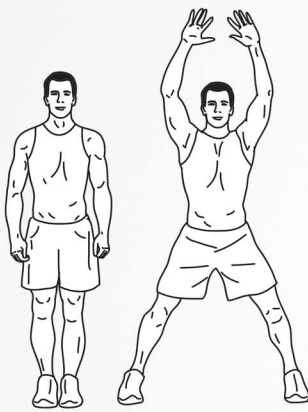


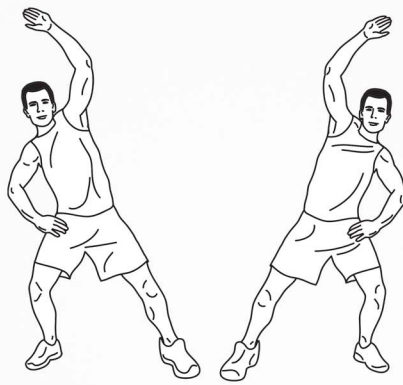
SUPER EASY

DAREBEE WORKOUT @ darebee.com

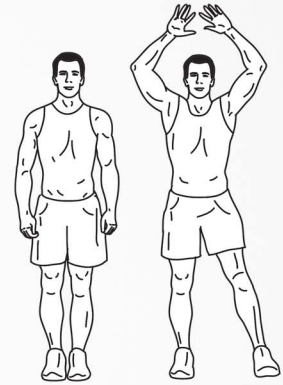
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



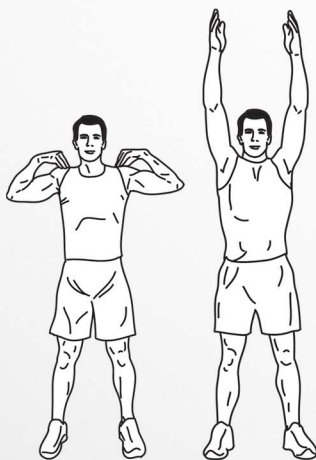
10 jumping jacks



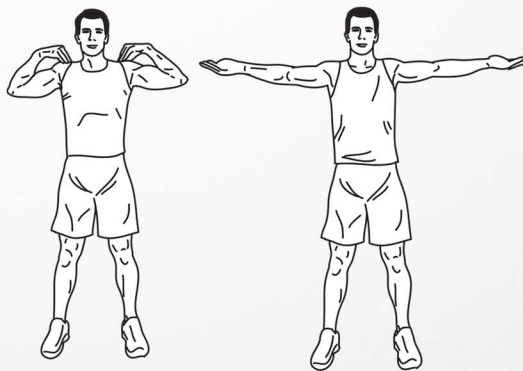
10 side jacks



10 step jacks



10 shoulder taps



10 side shoulder taps