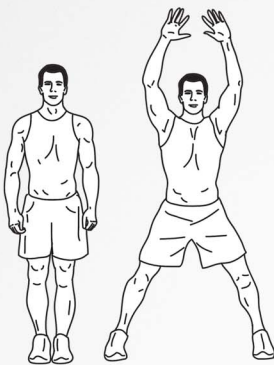


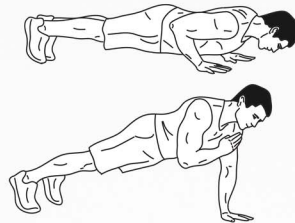
SUPER HARD

DAREBEE WORKOUT @ darebee.com

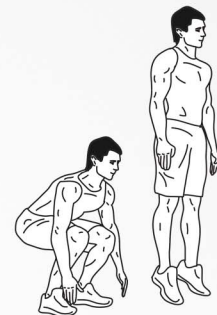
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



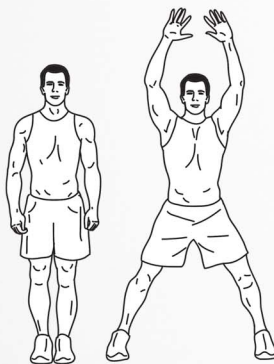
20 jumping jacks



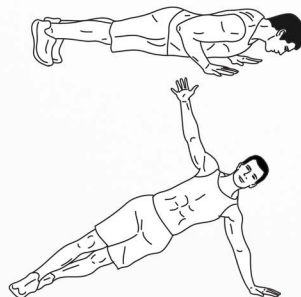
10 push-up shoulder taps



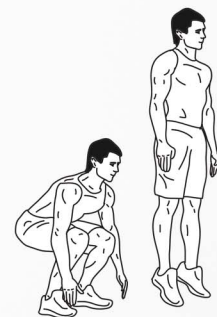
5 jump squats



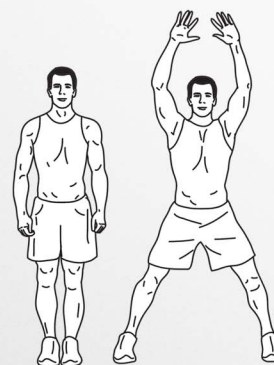
20 jumping jacks



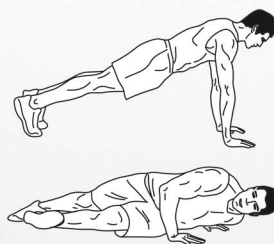
10 push-up with rotations



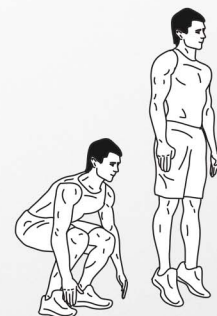
5 jump squats



20 jumping jacks



10 cross body push-ups



5 jump squats