

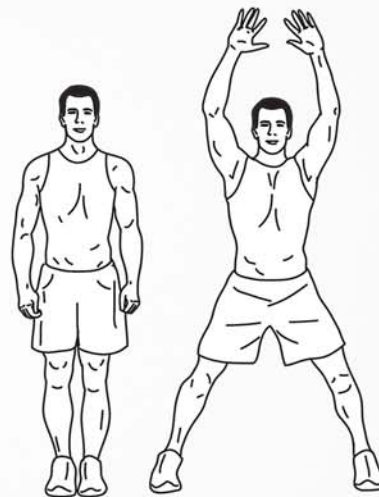
SUPER ***TORCH***

DAREBEE WORKOUT @ darebee.com

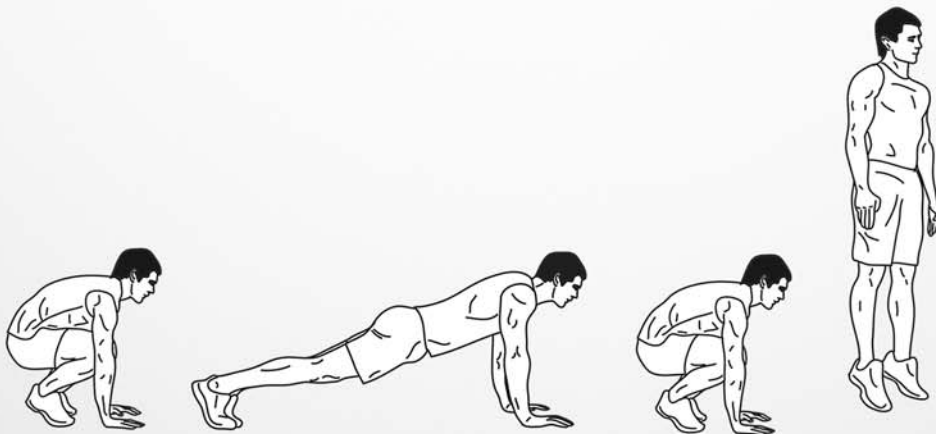
In total, each. Complete everything as fast as you can.



200 high knees



100 jumping jacks



50 basic burpees with a jump