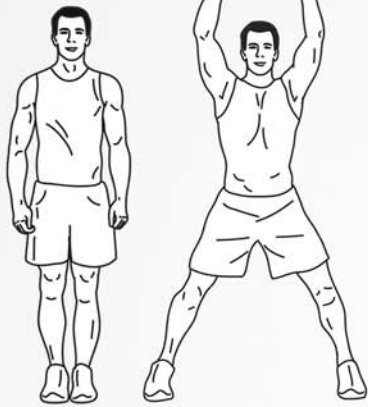
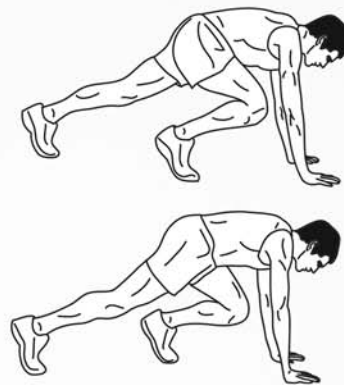


WAKE UP! & MAKE IT HAPPEN

DAREBEE WORKOUT © darebee.com



20
jumping
jacks



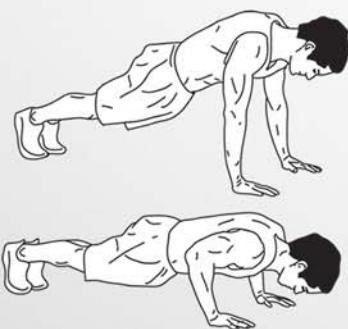
20
climbers



20
squats



20
lunges



20
push-ups



20sec
elbow plank