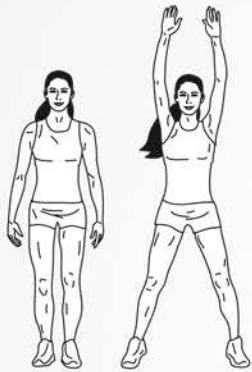


# Yesterday's Workout

DAREBEE WORKOUT @ [darebee.com](https://darebee.com)

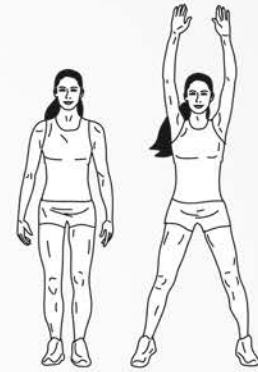
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10 jumping jacks



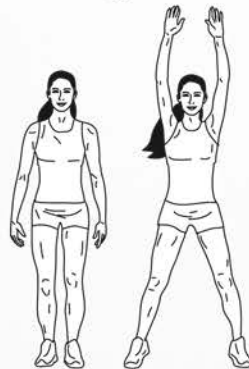
20 high knees



10 jumping jacks



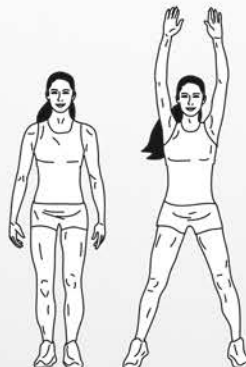
20 butt kicks



10 jumping jacks



20 butt kicks



10 jumping jacks