

# ALADDIN

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

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



10 jumping jacks



4 jumping lunges



10 jumping jacks



10 shoulder taps



4 burpees



10 shoulder taps



10 jumping jacks



4 jumping lunges



10 jumping jacks