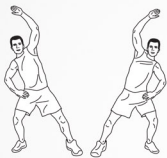


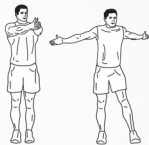
# BACKUP PLAN

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

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



**20** side jacks



**20** step seal jacks



**20** knee-to-elbow



**20** bicep extensions



**20** shoulder taps