

DAREBEE WORKOUT
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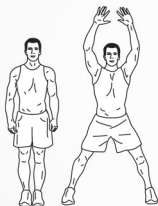
LEVEL I 3 sets

LEVEL II 4 sets

LEVEL III 5 sets

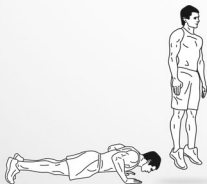
REST up to 2 minutes

BETTER THAN COFFEE



5 jumping jacks
one burpee

10 jumping jacks
one burpee



5 jumping jacks
one burpee

10 jumping jacks
one burpee