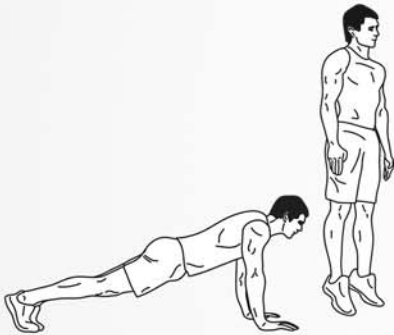


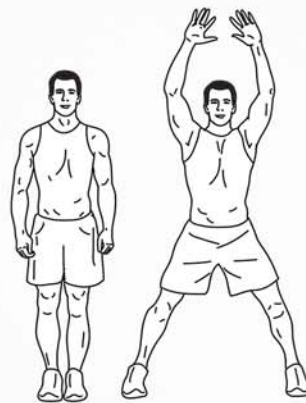
BURN, BABY, BURN

DAREBEE WORKOUT
@ darebee.com

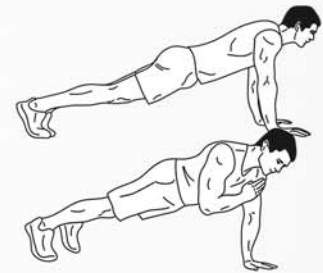
Level I 3 sets
Level II 5 sets
Level III 7 sets
2 minutes rest



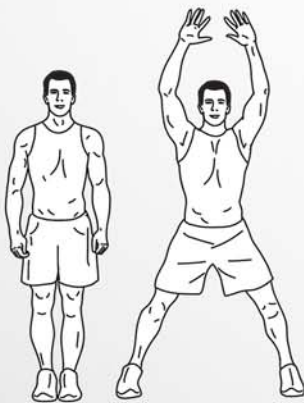
10 basic burpees



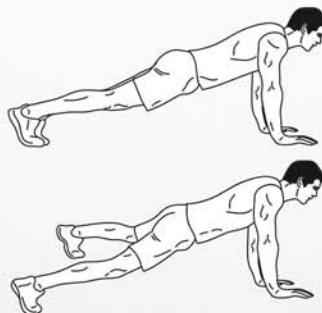
20 jumping jacks



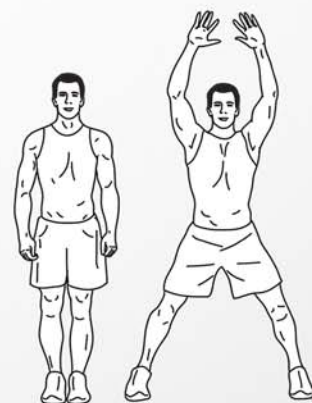
10 shoulder taps



20 jumping jacks



10 plank jacks



20 jumping jacks