

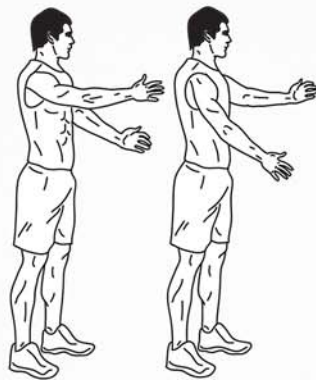
# BURN OFF

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

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



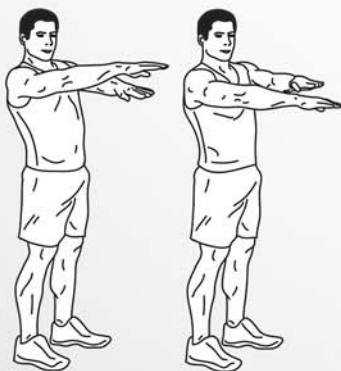
**30** high knees



**30** scissor chops



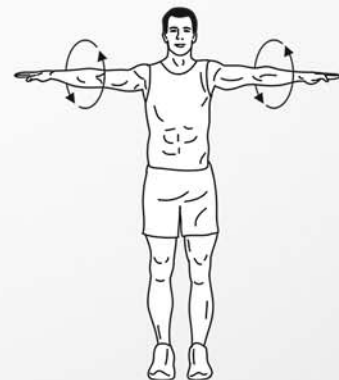
**30** high knees



**30** arm scissors



**30** high knees



**30** raised arm circles