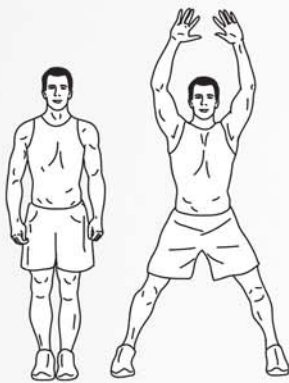


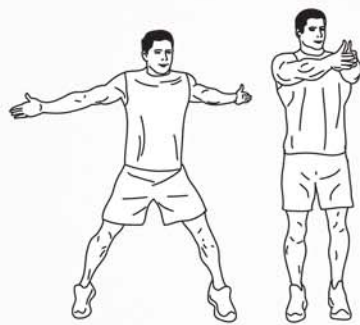
# BURNOUT

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

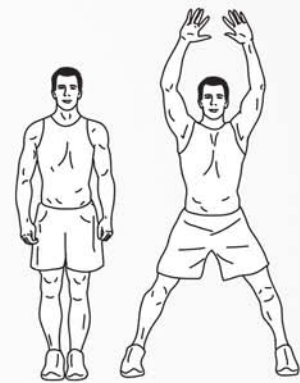
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



**20** jumping jacks



**20** seal jacks



**20** jumping jacks



**20** high knees



**20** butt kicks



**20** high knees