

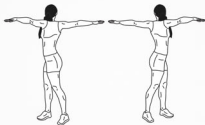
Butterfly

DAREBEE WORKOUT © darebee.com

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



20 jumping jacks



10 wide twists



20 jumping jacks



20 wide arm circles



20 jumping jacks



20 wide arm circles