

CAN'T STOP ME NOW!

DAREBEE WORKOUT

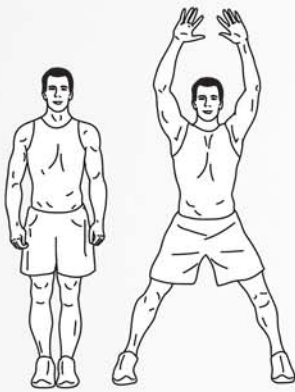
@ darebee.com

Level I 3 sets

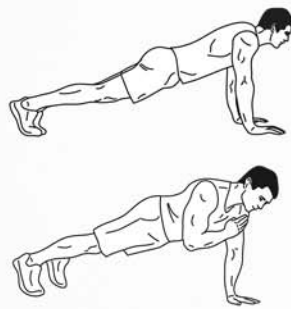
Level II 5 sets

Level III 7 sets

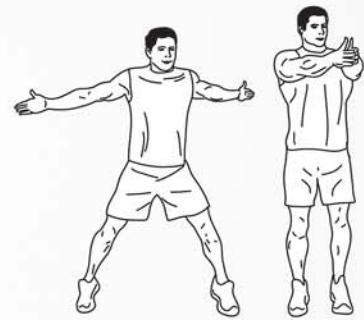
2 minutes rest



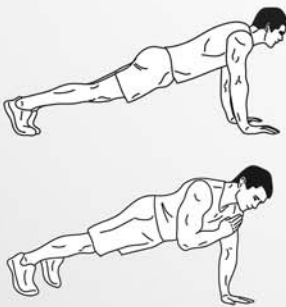
10 jumping jacks



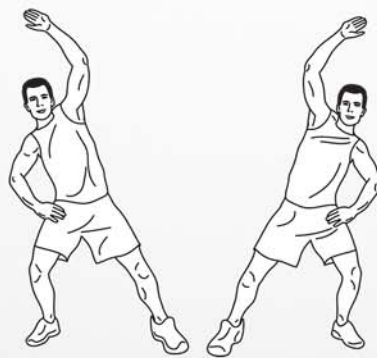
4 shoulder taps



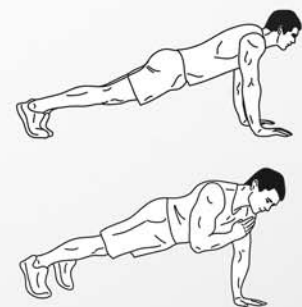
10 seal jacks



4 shoulder taps



10 side jacks



4 shoulder taps