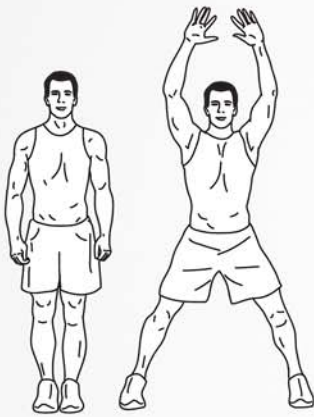


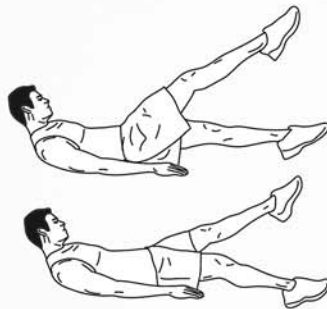
# THE COMEBACK

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

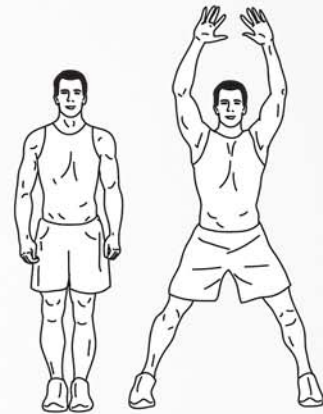
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



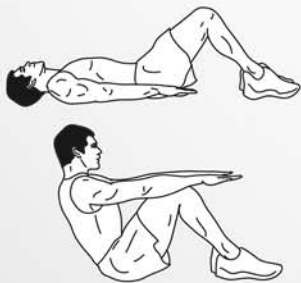
**20** jumping jacks



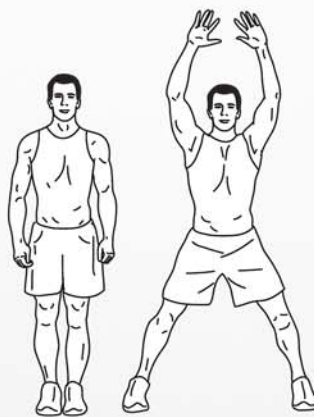
**10** flutter kicks



**20** jumping jacks



**10** sit-ups



**20** jumping jacks



**10** knee-to-elbow crunches