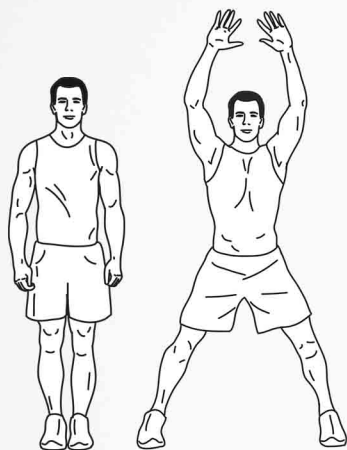


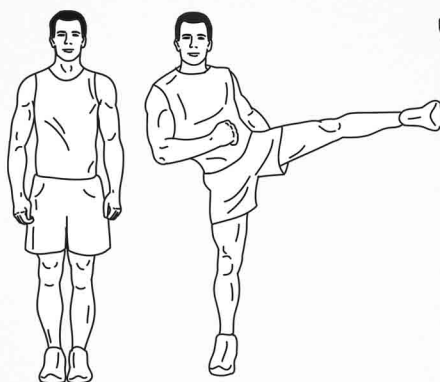
COOKIE

DAREBEE WORKOUT © darebee.com

Complete one circuit for one cookie =
10 reps each exercise



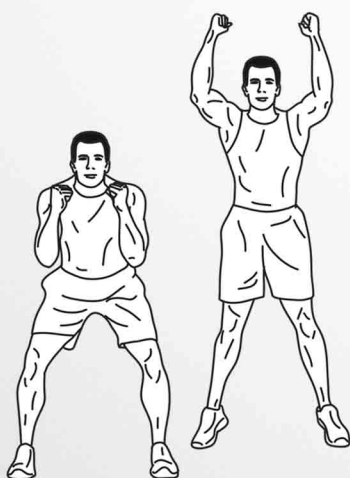
jumping jacks



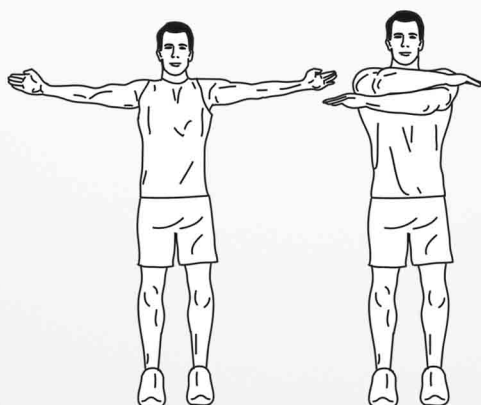
side leg raises



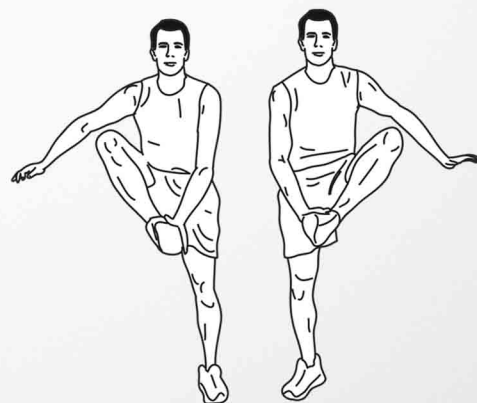
knee-to-elbows



jumps



arm scissors



toe tap hops