

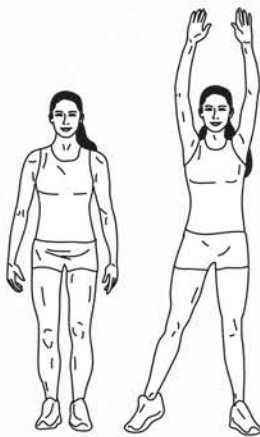
# Courage to Change

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

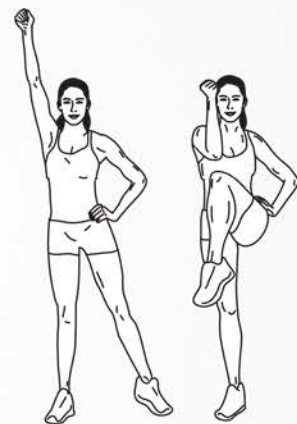
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



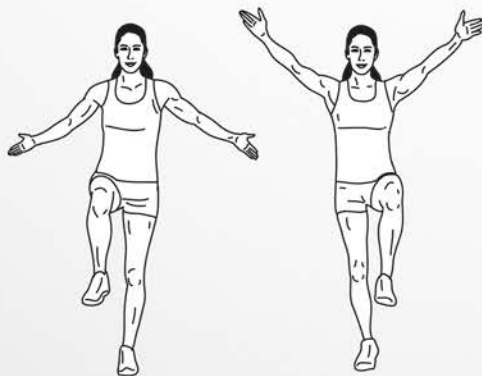
**10** arm circles



**10** step jacks



**10** knee-to-elbows



**10** march wide circles



**10** side bends