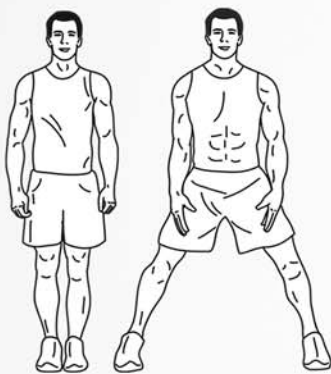


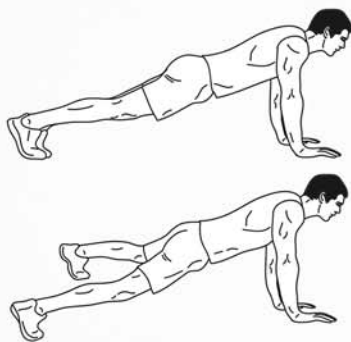
Daily Burn

DAREBEE WORKOUT @ darebee.com

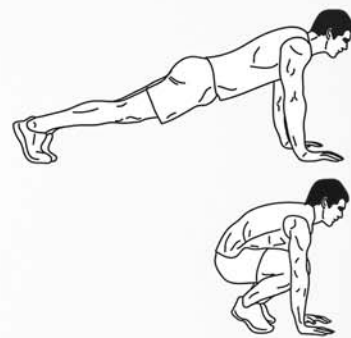
3 sets | up to 2 minutes rest between sets



10 half jacks



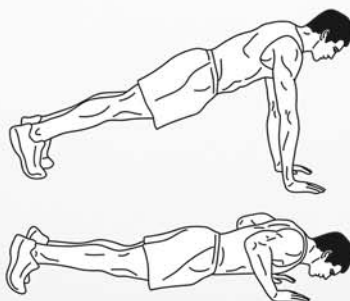
4 plank jacks



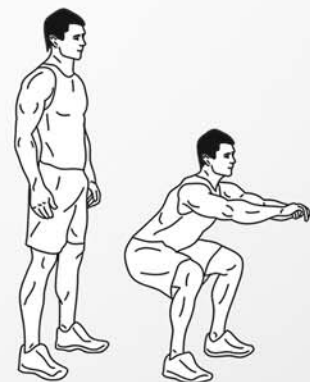
4 plank jump-ins



10-count plank



4 push-ups



10 squats