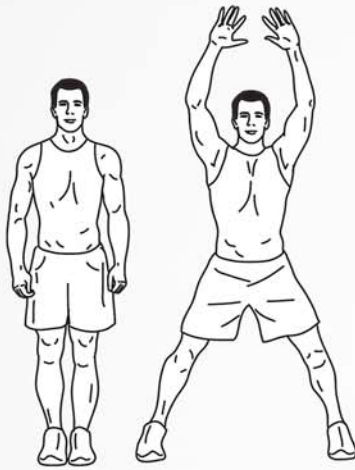


# EMERGENCY

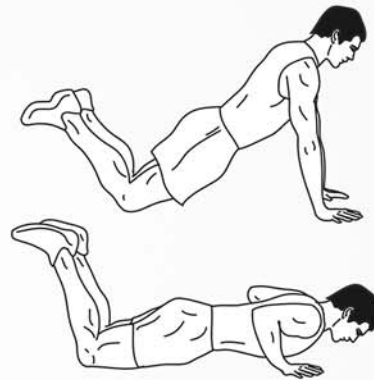
DAREBEE WORKOUT @ [darebee.com](https://darebee.com)

Repeat 3 times in total

2 minutes rest between sets



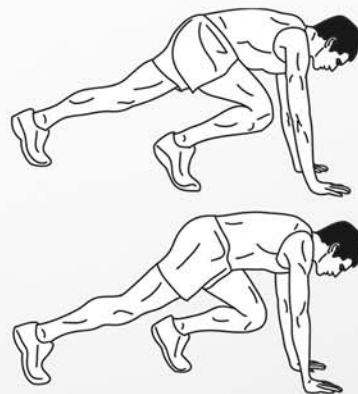
**20** jumping jacks



**10** knee push-ups



**20** high knees



**10** climbers