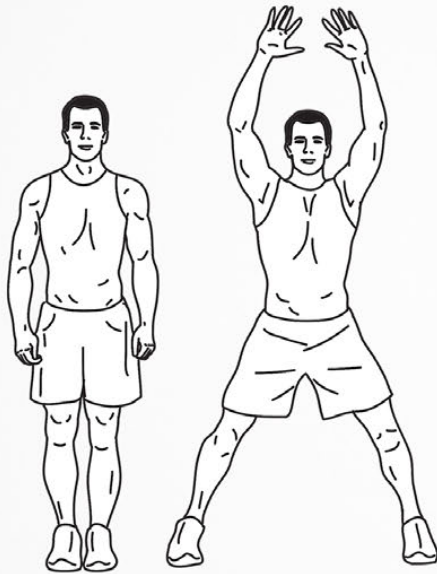


FINAL COUNTDOWN

DAREBEE WORKOUT @ darebee.com

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



10 jumping jacks

one jump squat

10 jumping jacks

one jump squat

10 jumping jacks

one jump squat

10 jumping jacks

one jump squat

10 jumping jacks

one jump squat

