

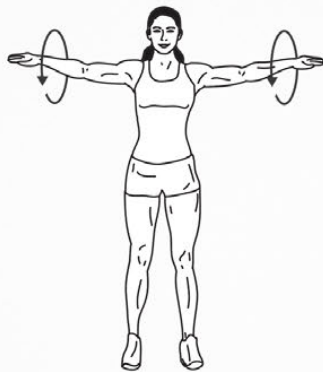
Firefly

DAREBEE WORKOUT @ darebee.com

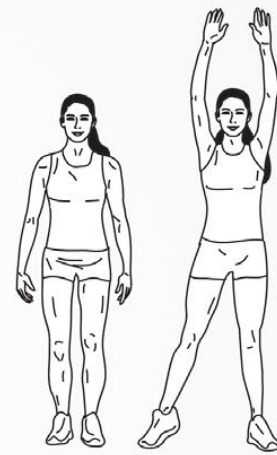
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10 march steps



20 arm circles



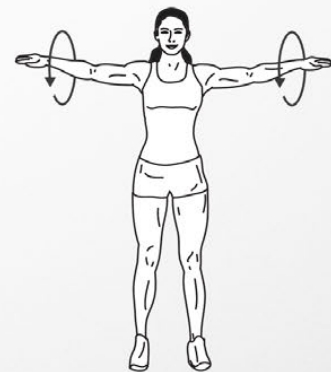
10 step jacks



20 arm circles



10 back leg raises



20 arm circles