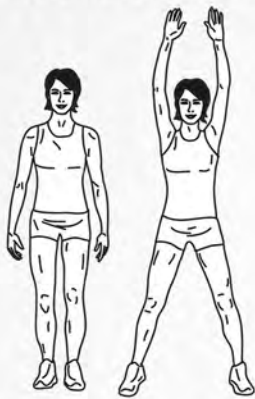


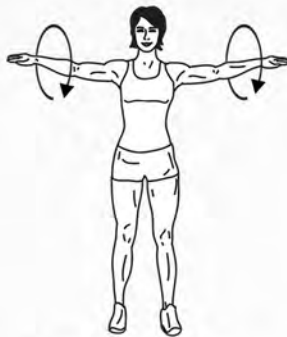
FROST

DAREBEE WORKOUT @ darebee.com

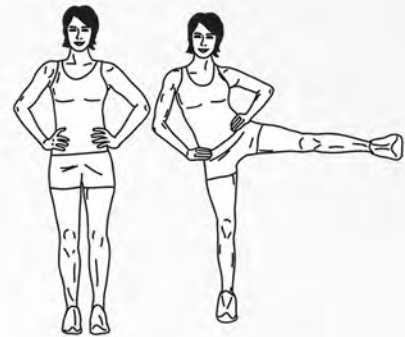
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10 jumping jacks



10 arm circles



10 side leg raises



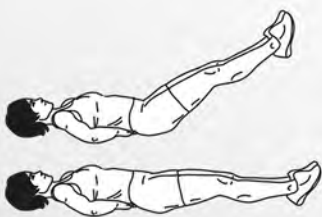
10 backward leg raises



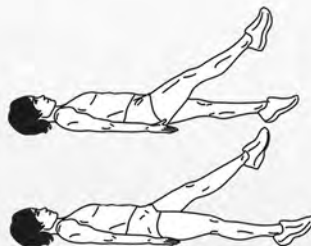
10 twists



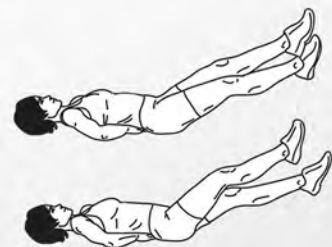
10 back kick + side leg raise



10 leg raises



10 flutter kicks



10 scissors