

Good Day

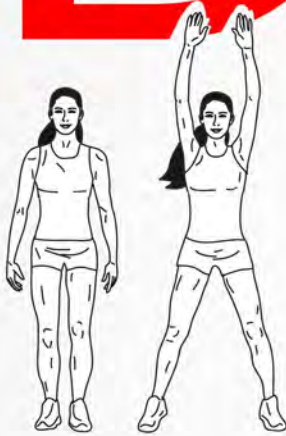
DAREBEE WORKOUT
@ darebee.com

LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

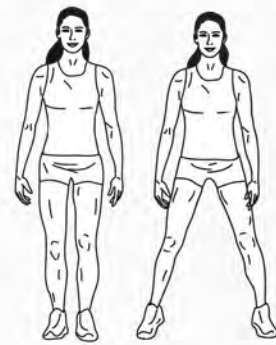
REST up to 2 minutes



10 jumping jacks



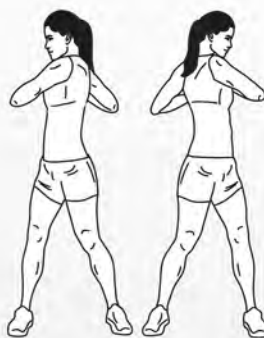
one hop heel click



10 half jacks



one hop heel click



10 twists



one hop heel click