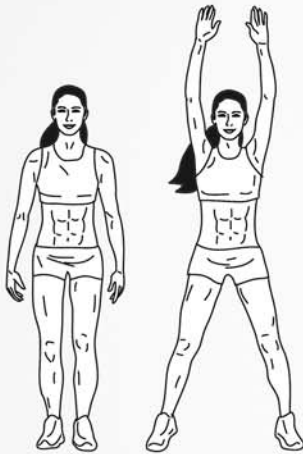


HELLION

DAREBEE WORKOUT @ darebee.com

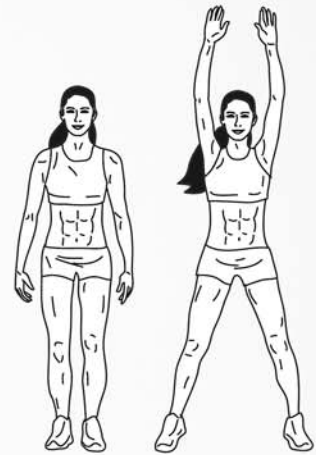
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 jumping jacks



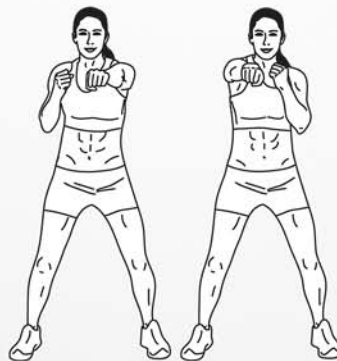
4 hop heel clicks



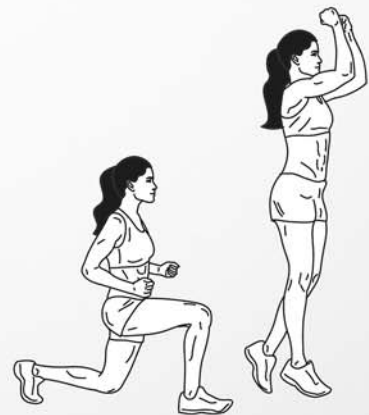
20 jumping jacks



4 jumping lunges



20 punches



4 jumping lunges